

Digital break plan

An agreement with yourself — held up by external supports, not willpower.

The decision »I'll be on my phone less«, without a change to the surroundings, usually lasts three days. The last point matters most: **otherwise the gap fills itself.**

My agreement

The first hour after waking — no phone. Where will it be?

The last hour before sleep — no phone. Where will it be?

Where the phone spends the night

Which app I remove for a week

What I fill that time with

The week

DAY	MORNING WORKED?	EVENING WORKED?	WHAT WAS HARD

After a week

What do I keep?
