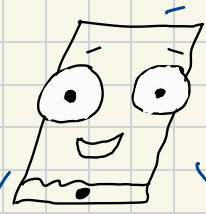


HOW TO STOP LOOKING

AT YOUR PHONE SO OFTEN

(from Good Habits, Bad Habits)



1 NOTICE the HABIT

- Habits hide from awareness
 - Notice when & why
- "WHY DID I GRAB MY PHONE?" ???

BREAK the HABIT

- Remove Triggers
 - Turn off notifications
 - Use Do not Disturb
- FEWER CUES = FEWER CHECKS

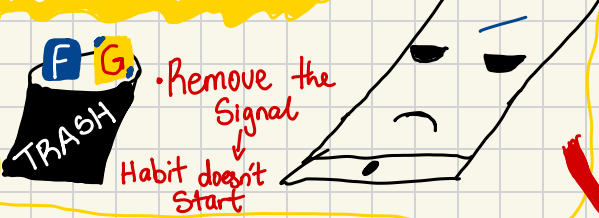
CONTROL the CUES!!

Make BAD habits Harder!

ADD FRICTION

- ✓ Leave your phone behind
- ✓ Put in bag, in another room
- ✓ Delete apps: email, Social media

Remove TRIGGERS



MAKE ALTERNATIVES

- Use a WATCH
- Checking Time = Checking everything

REWARD NOT CHECKING

- ✓ Read · Think · Observe
- ✓ Do Something nourishing

- ✓ Notice the Habit
- ✓ Remove Cues
- ✓ Add Friction
- ✓ Stack better habits
- ✓ Replace + Reward



Not your Willpower!

DESIGN your ENVIROMENT