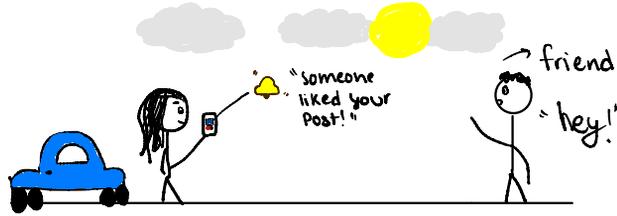
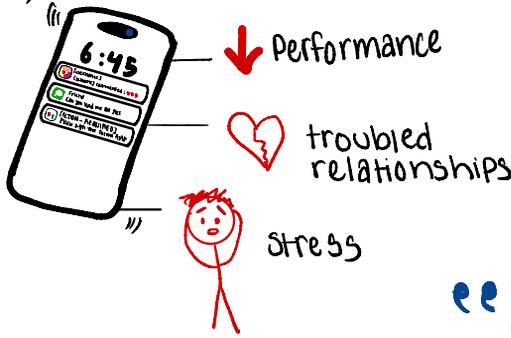


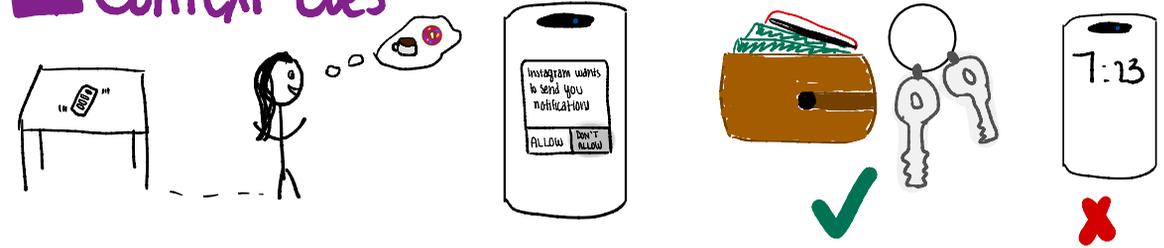
STOP LOOKING AT YOUR PHONE!

59% of Americans with a work email check their email after work hours.

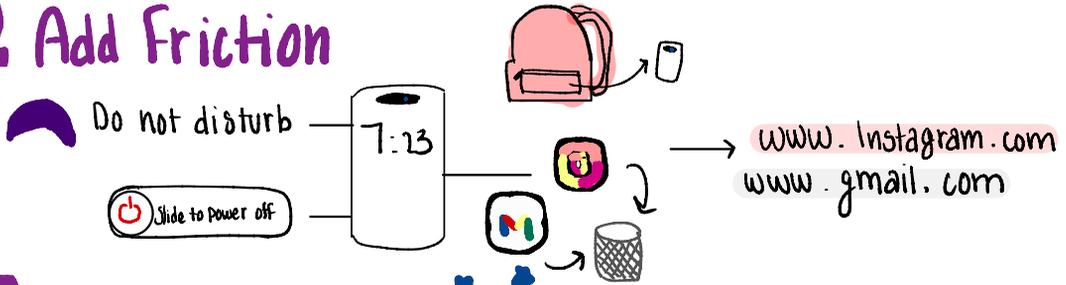


Effective habits are effective precisely because they hide their workings from your consciousness.

1 Context Cues



2 Add Friction



3 Stack Habits

