

Welcome to Your 7 Day Phone Refresh

Less Scrolling. More Living.

This Refresh Will Help You:

01

Notice the situations, emotions, and environments that trigger automatic phone use.

02

Understand what you are really looking for when you reach for your phone.

03

Reduce mindless scrolling, distraction, and overstimulation.

04

Create realistic boundaries that fit your everyday life.

05

Find satisfying replacements for the moments when you normally reach.

06

Use your phone with greater intention without giving up technology altogether.

Why This Approach Works

Most people try to change their phone habits by demanding more discipline from themselves. But lasting change does not begin with willpower, it begins with awareness. Over the next 7 days, you will look beyond the phone itself and examine the patterns surrounding it: your triggers, routines, emotions, needs, and environment. You will learn a simple way to pause and choose whenever the urge shows up, then practice 1 small rule and 1 meaningful replacement. This is not a phone detox, punishment, or test of self-control. This is an experiment designed to help you discover what works in your actual life.

Your 7 Days at a Glance

A simple path through the week. Go at your own pace.

1 Get Ready

Before Day 1, in one or two sittings.

NOTICE	Map your Scroll Zones and Anchors, then work through the 4 P's.	pp. 3–4
LEARN	Read From Noticing to Choosing and learn Pause, Name, Choose.	pp. 5–6
BUILD	Pick replacements from your menu, then choose one rule and one replacement.	pp. 7–9
PLAN	Set your weekly goal and choose at least one metric to track.	pp. 10, 12

2 Practice

Days 1 through 7.

Each day, follow your rule, use your replacement, and Pause, Name, Choose whenever the urge shows up. Then tick off the day and jot down what you noticed on page 11.



Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7

3 Reflect

On Day 7.

Look back at your progress, capture what you learned, and set your goals for what comes next.

pp. 12–14

Miss a day? Just pick up where you left off.
One day at a time.

Scroll Zones & Anchors

Change is easier when your environment helps you.

Scroll Zones

Places, moments, or moods where mindless phone use becomes predictable.

Anchors

Behaviors or environments that make phone boundaries easier to keep.

My Scroll Zones

When does your phone use stop matching your values?

My Anchors

What boundaries would make intentional use easier?

One situation I want to change

Example: before bed, during class, while dealing with friends/family, or at work.

In that moment, I would rather be:

The 4 P's

A perfect place to reflect on your phone habits and see what change is necessary.

1 The Pattern

Recognize the patterns you'd like to change.

When and where do I reach automatically? What usually happens just before it?

2 The Purpose

What's the real reason I'm choosing this?

Am I looking for relief, certainty, stimulation, connection, or escape?

3 The Price

What is this pattern costing me?

What does it cost me in attention, sleep, time, peace, or connection?

4 The Progress

Where do we go from here?

What could I do instead, remove, or make harder when the urge shows up?

From Noticing to Choosing

Awareness is the first step. Now you practice choosing on purpose.

This is where the magic happens. And not by forcing perfection, but by building the skill of choosing with intention.

With your Scroll Zones and the 4 P's, you've already noticed patterns: when you pick up your phone, why you pick it up, how it leaves you feeling afterward. Now we practice the next step, which is making a different decision on purpose.

This is not about “having more willpower.” It's about creating small moments of control until your default begins to shift. Most phone use is not random; it is a response to something deeper. So instead of asking, “How do I stop using my phone?” ask the question below.

“What is my phone doing for me right now, and is there a better use of my time and focus?”

This simple question turns mindless scrolling into an empowering decision.

Pause, Reflect, Decide.

When you feel the urge to reach for your phone, try this quick sequence:

1 **Pause for 5 seconds.**

Create a gap. Let the urge rise and pass before you act.

2 **Reflect on what's *really* there.**

"What am I feeling or experiencing right now? What do I expect my phone to bring me?"

Stress, boredom, fatigue, avoidance, loneliness, overstimulation, etc.

3 **Decide the next best step.**

- **Use it with intention:** decide what you're doing before you open it.
- **Delay it:** 2 minutes, 5 minutes, or "after I finish this task."
- **Reduce it or remove it:** choose a replacement that matches the need, or lose it entirely.

You're not failing if you continue to automatically your phone. This is all a practice. You're winning whenever you make it a deliberate choice instead of one that's automatic. Each time you resist the automatic temptation to grab your phone, it's like a bicep curl for your brain!

Your Replacement Menu

Consider the concept of “The 3 R’s.”

1

Recognize

Recognize triggers and automatic phone habits. We can’t change what we don’t acknowledge.

2

Replace / Remove

Replace the habit with something nourishing or more productive, or remove the trigger completely if a replacement isn’t necessary.

3

Reinforce

Reinforce the new habit with something gratifying, and/or make the automatic phone habit more difficult to repeat.

Now let’s spend some time on the 2nd R. Choose a few replacements that fit your real life. Keep them simple.

If you’re stressed:

- 4-7-8 breathing for three rounds.
- Quick walk to the kitchen to grab some water.
- Ask yourself, “Will this matter a week from now?”
- Stretch shoulders, neck, or hips for 2–5 minutes.

My own: _____

If you’re bored or restless:

- Shake your body out and/or do some physical exercise.
- Step outside for a few minutes.
- Play a song or podcast (no scrolling).

My own: _____

More Replacements

Match the replacement to what you're really feeling.

If you're feeling lonely:

- Call one person. Hey, it's better than texting back-and-forth for hours.
- Look back on, or journal, your favorite memories in gratitude.
- Plan something small (coffee, walk, call, etc.).

My own: _____

If you're avoiding something:

- Ask yourself, "What am I avoiding?"
- Name what you're avoiding and recognize any obstacles.
- Pursue what you're avoiding for at least 5 minutes, and see what happens.

My own: _____

If you're tired:

- Go for a quick walk. Get the blood flowing!
- Take a short rest or a power nap.
- Go to bed early instead of scrolling.

My own: _____

If you're overstimulated:

- Meditate for 5–10 minutes.
- Dim the lights or step into a quiet room.
- Take a slow walk without your phone.

My own: _____

Reinforce It

How will I reward myself for catching the urge, or make the old habit harder to repeat?

Start With One Small Change

Make it specific, kind, and gratifying.

A Choose One Rule

Choose one small, specific change you are willing to practice for seven days.

- | | |
|--|--|
| ☐ No phone during meals | ☐ Phone off my desk |
| ☐ Apps in a hidden folder | ☐ No social media for 7 days |
| ☐ No screens before bed | ☐ No phone in the bathroom |
| ☐ Turn off non-human alerts | ☐ Charge phone outside bedroom |
| ☐ Phone in a drawer for an hour | ☐ No phone for first 30 minutes |
| ☐ Scheduled message checks | ☐ One screen-free walk daily |

My rule: _____

B Choose One Replacement

When the urge shows up, choose one intentional action. Your menu on pages 7 and 8 has more ideas.

- | | |
|---|--|
| ☐ Take 3 slow breaths | ☐ Go for a short walk |
| ☐ Check my to-do list | ☐ Pick up a book |
| ☐ Journal about my urges | ☐ Ask, "What do I really need?" |
| ☐ Put the phone out of sight | ☐ Connect with someone |
| ☐ Drink a glass of water | ☐ Step outside for fresh air |
| ☐ Stretch for 2 minutes | ☐ Do one small task |

My replacement: _____

Your Weekly Goal

Simple and measurable.

Pick at least two or three moments of the day to practice Pause, Name, Choose without interruption.

EXAMPLES

- Mornings in bed
- Bathroom break
- In the elevator
- At a red light
- Between tasks
- Evenings on the couch
- During a meal
- Doing chores
- Mid-conversation

This week I will practice Pause, Name, Choose

I'll practice it at least _____ times a day, during:

The moment I expect to be hardest, and how I'll handle it:

The 7-Day Experiment

Practice the rule. Use the replacement. Notice how you feel.

This is an experiment, not a phone fast.

The good news is, you're not flushing your phone down the toilet. For the next 7 days, practice your one rule, use your one replacement, and Pause, Name, Choose whenever the urge shows up. After the first week, you might upgrade to two replacements. Just notice how you feel and go from there.

What I will pay attention to

Something I will pay more attention to: _____

Moments I caught myself wanting to reach: _____

Daily Check-In

Tick each day you followed your practice. During good and not-so-good days, what did I notice?

☐ Day 1

☐ Day 2

☐ Day 3

☐ Day 4

☐ Day 5

☐ Day 6

☐ Day 7

Track Your Progress

Pick at least one thing to measure, and notice the small wins.

At least one metric I will track

- | | |
|--|---|
| ☐ Sleep quality | ☐ Quality time with others |
| ☐ Daily average screen time | ☐ Clarity |
| ☐ Duration of undivided attention | ☐ Anxiety / stimulation |
| ☐ Productivity | ☐ More time throughout the day |
| ☐ Energy throughout the day | |

Where I'm starting: _____

Where I ended up: _____

What progress looks like here

You're progressing if you notice any of this:

- | | |
|--|---|
| ☐ You catch the urge sooner | ☐ You stop a scroll earlier than usual |
| ☐ You pause even once | ☐ You swap at least once per day |
| ☐ You use your phone with intention | ☐ You feel less "pulled" by the phone |

Progress is not about being effortless or flushing your phone down the toilet.
It's about becoming the kind of person who can say,

*"I don't do what my phone wants; I decide.
I use my phone, not the other way around."*

What You Learned

Carry forward what worked for you.

My biggest insight from the week

The situation(s) most difficult involved:

The replacement that helped me most was:

What I Will Keep

One phone boundary I want to continue:

One replacement I will keep practicing:

Something I want to experience more of instead of scrolling:

My Next 7 Days

My rule:

My replacement:

The part of my life I want to give more attention to:

Set Your Goals

Point your attention toward what matters most.

Phone goals

Describe how, when, and where you want to use your phone. Be specific!

Life goals

Describe what you want more of once your phone takes up less space.

My Phone Goal

What would a healthier relationship with my phone look like in 30 days?

My Life Goal

What do I want to make more room for in my days?

Making It Real

Small, specific steps turn a goal into a new habit.

One small step I will take this week:

Something that might get in my way:

When that happens, I will:

I will know I am making progress when:

Less scrolling. More living.

This Refresh is where your awareness turns into action, and you don't have to do it alone. In one-on-one coaching, we'll pinpoint your personal "scroll moments," clarify what your phone is really doing for you in those situations, and build a simple plan that fits your actual life (not an ideal one). Each week, we'll choose one or two focused changes like a boundary, an anchor, or a replacement routine, then recognize what's getting in the way and adjust fast, so the habit sticks. The goal isn't to be perfect. The goal is to build repeatable, confidence-building decisions until your phone becomes something you use on purpose, not something that uses you.

Contact Ryan today and book a free 15-minute consultation!

In your free consultation, we'll discover the "why" of your phone habits, understand what you'd like to change, and what you'd like to strengthen.

7 Day Phone Reset **\$99**

A personal plan built around your life, with a 45-minute call and daily worksheets.

14 Day Phone Reset **\$199**

A deeper dive with weekly check-ins. Great for families.

MYPHONEHABITS.COM

