

Phone Decisions:

A Simple Guide to Change Phone Habits



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

Up to now, you've been noticing patterns: When you pick up
your phone. Why you pick it up. How it leaves you feeling
afterward. Now we practice the next step: 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?” the underlying question becomes, “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.



The Phone Decision

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



1. Pause for 5 seconds.

Create a gap. Prime yourself for hesitation.



2. Name it.

“What am I feeling or experiencing right now?” (stress, boredom, fatigue, avoidance, loneliness, overstimulation, etc.)



3. Choose one of three options:

- 1. Use it with intention (and decide what you’re doing before you open it).
- 2. Delay it (2 minutes, 5 minutes, or “after I finish this task”).
- 3. Reduce it/Remove it (choose a replacement that matches the need or lose it entirely).

You’re not “failing” if you still use your phone. You’re winning whenever you make it a choice instead of a reflex.

Each time you resist the autonomic 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,
more productive, or remove the trigger completely
if a replacement isn’t necessary.)



3. Reinforce

(Reinforce the new habit of catching automatic habits
with something gratifying and/or make the automatic
phone habits more difficult to repeat.)

In this next step, we’ll 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 and grab some water.
- Ask yourself, “What was I stressed about last week/last month?”
- Stretch shoulders/neck/hip for 2-5 minutes.

If you’re bored or restless:

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



If you're feeling lonely:

- Text one person
"Hey, I'm thinking of you."
- Look back on, or journal
your favorite memories
in gratitude.
- Plan something small
(coffee, walk, call, etc).



If you're avoiding something:

- Do the first 2 minutes
of the task, only.
- Name what you're avoiding
and recognize any obstacles.
- Ask yourself, "What am I
afraid of?"



Your weekly goal (simple & measurable)

Pick at least two or three moments of the day
to practice decisions 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
- In mid conversation



This week I will practice Phone Decisions during:



What progress looks like here

You're progressing if you notice any of this:

-  You catch the urge sooner
-  You pause even once
-  You use your phone with intention
-  You stop a scroll earlier than usual
-  You swap at least once per day
-  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."

My overall goal: _____

Secondary goal (optional): _____





At least one metric I will track:

- ☐ Sleep Quality
- ☐ Daily Average Screen Time
- ☐ Duration of Undivided Attention
- ☐ Productivity
- ☐ Energy Throughout The Day
- ☐ Quality Time w/Others
- ☐ Clarity
- ☐ Anxiety/Stimulation
- ☐ More Time Throughout The Day

7-day check-in (mark each day you followed your practice):

Day 1____ Day 2____ Day 3____ Day 4____ Day 5____ Day 6____ Day 7____

Reflection: What did I notice about my habits this week?

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One goal for next week:

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Phone Decisions is where your awareness turns into actions, and you don't have to do it alone. In our 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 at least 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!