



Phone Habits

7-Day Experiment

Less scrolling. More living. Intentional choice.



A simple note before you start

This reflection is not about demonizing your phone. It's about using phones more intentionally. We cannot change what we don't acknowledge, so a simple reflection is a great place to start. Take it at your time and write as much or as little as you want.



*You get to decide the relationship
you have with your phone.*



How to Use This Packet

Need	Use
Notice the patterns	Habit Map
Find your vulnerable places	Spot Zones + Anchors
Understand the why	Care • Action • Outcome
Pick one change	Make 1 Replacement
Track the week	7-Day Experiment





Notice Your Phone Habits

Start with curiosity, not criticism.



Where do you reach automatically?

- | | | |
|------------------------------------|---|---|
| ☐ Waiting | ☐ In the bathroom | ☐ Feeling bored |
| ☐ In bed | ☐ Feeling stressed | ☐ Feeling lonely |
| ☐ Avoidance | ☐ Dopamine / stimulation | ☐ Other |



Reflection Prompts

Some recent moments I checked my phone automatically were:

Right before I picked up my phone, I was feeling:

Areas where my phone brings real value to my life:

Tiny reframe.

Your phone is not the enemy. The habit is asking for awareness.





Scroll Zones & Anchors

Change is easier when your environment helps you.



Definitions

Scroll Zones are places, moments, or moods where mindless phone use becomes predictable.

Anchors are 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:





Understand the Pattern

Cue. Action. Outcome. The loop gets clearer when you name it.



The Habit Loop

Cue

What initiates?

Action

How do I respond?

Outcome

What do I receive?



Fill in your loop

Cue – what initiates:

Action – how I respond:

Outcome – what I receive:



What kind of outcome shows up?

☐ Problem solved

☐ Reassurance

☐ Relief

☐ Certainty

☐ Connection

☐ Procrastination

☐ Entertainment

☐ Validation

☐ Other



Start With One Small Change

Make it specific, kind, and gratifying.



1

A. Choose One Rule

Big changes do not always work, but slowly compounding itty-bitty changes often do. Choose one small, specific change you're willing to practice for seven days.

- | | |
|---|--|
| ☐ No phone during meals | ☐ Phone in a drawer for one hour |
| ☐ Put social media apps in an invisible folder | ☐ Scheduled email/text checks |
| ☐ No screens before bed | ☐ Phone off the desk while studying/working |
| ☐ No non-human notifications | ☐ No social media for 7 days |

My rule: _____

2

B. Choose One Replacement

When the urge to reach automatically shows up, choose one intentional action. It satisfies, but protects the goal.

- | | |
|--|--|
| ☐ Take 3–5 slow belly breaths | ☐ Go for a short walk |
| ☐ Check your to-do list | ☐ Pick up a book |
| ☐ Write the emotion down | ☐ Ask, "What do I really need?" |
| ☐ Put the phone out of sight | ☐ Connect with a friend or family |

My replacement: _____



The goal is not perfect restriction. The goal is intentional use.





The 7-Day Experiment

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



This is an experiment, not a phone fast.

You are not flushing your phone down the toilet. For the next 7 days, implement your one rule and use your one replacement. After the first week, you might upgrade to two replacements. And, just notice how you feel.



What I will pay attention to

Something I will pay more attention to: _____

Moments I caught myself wanting to reach: _____



Daily Check-In

During good and not-so-bad days, what did I notice?

-  Day 1 _____
-  Day 2 _____
-  Day 3 _____
-  Day 4 _____
-  Day 5 _____
-  Day 6 _____
-  Day 7 _____





What You Learned

Small, thoughtful changes can make daily life feel noticeably better.



My biggest insight from the week



Remember

- This is not about telling yourself you lack self-control.
- Your phone is doing what it was designed to do.
- The deeper goal is more intentional phone choices.
- Aim for intentional use over simply less phone use.

Less scrolling. More living.

If you enjoyed this exercise, contact Ryan at myphonehabits.com for a free consultation, workshops, 1-on-1 coaching, and the Phone Habits e-book.



*You get to choose how technology
lives inside your life.*