

FRIEND-ZONE YOUR PHONE

Healthy boundaries to reclaim time, focus, and wellbeing

How to have A Powerful Breakthrough: A_____ P_____ B_____

What are my current phone habits? What impact do I notice? What's helpful and what isn't?

What do I have to gain by being more intentional with my phone and other devices?

What would I like to do that I'm not currently doing? What do I value most?

What step do I choose to take in the next 48 hours? When will I do it? How will I benefit?

What phone boundary would I like to experiment with? Start small.

My top takeaway is: