7-Day Phone-Free Morning

Begin each morning calmly and intentionally.

PHONE-FREE MORNINGS

MY RULES

- Wait 30 minutes before checking your phone
- Stretch or walk for 10 minutes
- Enjoy breakfast without a screen
- Write down three priorities for the day

DAILY PROGRESS

7 days

1 DAY 1 ☐

2 DAY 2 ☐

3 DAY 3 ☐

4 DAY 4 ☐

5 DAY 5 ☐

6 DAY 6 ☐

7 DAY 7 ☐

WHAT CHANGED WHEN I SPENT LESS TIME ON SCREENS?