



DIGITAL DETOX RESET PLAN

Reclaim Your Focus. Reclaim Your Life.

The average person touches their phone 2,617 times per day. You can take it back.

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WEEK 1: AWARENESS

- ◆ Day 1-2: Track screen time — document app-by-app without changing anything yet
- ◆ Day 3-4: Identify your top 3 time sinks. Set 20-min daily app limits.
- ◆ Day 5: Remove social apps from your home screen — out of sight, out of mind.
- ◆ Day 6: No screens for the first 60 minutes after waking. Journal how it feels.
- ◆ Day 7: Full tech-free Sunday morning. Note how your mind feels different.

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WEEKS 2-4: REWIRE

- ◆ Replace scroll sessions with a physical activity (walk, stretch, stand up)
- ◆ Charge phone outside the bedroom — buy a \$10 alarm clock
- ◆ Batch notifications: check email/messages at 9AM, 1PM, 5PM only
- ◆ Create phone-free zones: dining table, bedroom, first hour of work
- ◆ Replace 1 social media hour/day with a book, podcast, or creative hobby

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WHAT YOU GAIN

- ◆ 3-4 hours of recovered time per day (average phone use is 3-4 hours daily)
- ◆ Improved sleep quality within 1 week (blue light reduction)
- ◆ Reduced anxiety: social comparison decreases without constant scrolling
- ◆ Improved focus: attention span rebuilds within 3-7 days
- ◆ More creative ideas: boredom is the incubator for creativity

PRO TIP: Don't delete apps cold turkey — that creates anxiety. Instead, REPLACE the habit: when you reach for the phone, reach for a sketchbook or water.

Free Focus Tools at BarcaProduction.com