

Your Phone Before Your Feet

Look at what the phone does to your mornings and try one different first move.

WHEN TO USE THIS

Use this if you reach for your phone before you are properly awake.

This morning: how long between waking up and picking up your phone? What did you open?

After that, how did you feel compared to before you picked it up?

0	1	2	3	4	5	6	7	8	9	10
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Better

Much worse

What are you actually looking for when you reach for it first thing?

The time, the news, a message, or nothing in particular.

Name one different first move for tomorrow, and where the phone will be while you do it.

You are not trying to quit your phone. You are trying to go second, not first.