

Your Phone and Your Evening

See who gets to reach you at night, and decide what you want to change.

WHEN TO USE THIS

Use this if your phone keeps pulling you back into other people's needs after dark.

Last night, who or what pulled you back to your phone? List what you remember.

1. _____
2. _____
3. _____
4. _____
5. _____

Which of these would you be willing to try this week?

- ☐ Phone stays in another room after 9
- ☐ Turn off notifications from one app
- ☐ Reply to work messages in the morning
- ☐ Tell one person when I go quiet at night
- ☐ Charge it away from the bed
- ☐ Screen calls from one number

Who would notice if you stopped answering at night, and what would you tell them?

What would you do with that hour instead?

Being reachable all night is a habit, not a duty. You can change the hours.