

# How to Break Up with Your Phone

by Catherine Price

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Move the Charger Out of the Bedroom**

Give the phone a different place to sleep for the next 7 nights. A charger in the hall or kitchen removes the last check of the night and the first reflex of the morning in one move.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Kill Non-Human Notifications**

Keep only the alerts that come from actual people and would matter if delayed. Promotions, badges, suggested content, and algorithmic nudges should lose the right to interrupt you.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Create One Daily No-Phone Block**

Choose a recurring 30-to-60-minute window - breakfast, commute, reading time, workout, or after dinner - where the phone is simply not invited. Repeat it daily until the edge feels normal.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Hide the Trap Apps**

Move your most compulsive apps off the home screen and out of the dock. The goal is not deletion by force; it is making the reflex expensive enough that intention has time to arrive.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Use a Reason-Before-Unlock Rule**

Before every unlock, name the reason. If you cannot say what you're opening the phone for, put it back down. That one beat of friction is where agency starts returning.

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<sup>06</sup> **Write a Boredom List**

Make a short offline menu for the moments when you normally scroll: stretch, breathe, read two pages, jot ideas, text one person intentionally, look outside. Replacement beats deprivation.