Smartphone Detox
CHECKLIST

- [ ] Do a full detox. Take at least one day and put away your phone entirely.
- [ ] Take notification off apps you truly don't need real time updates for.
- [ ] Put plane on airplane mode when you need to concentrate.
- [ ] Download then use apps that block usage during certain times.
- [ ] Physically move your device somewhere else in the home.
- [ ] Set a timer. Allow yourself a limited then then stop when the timer goes off.
- [ ] Check out or buy some books to have on hand instead of scrolling.