

3 MINI CHALLENGES TO REDUCE YOUR SCREEN TIME

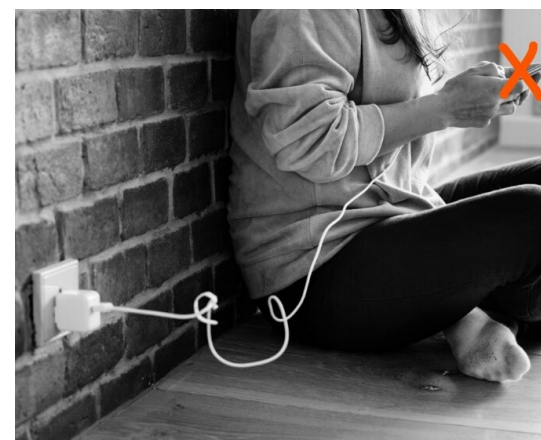
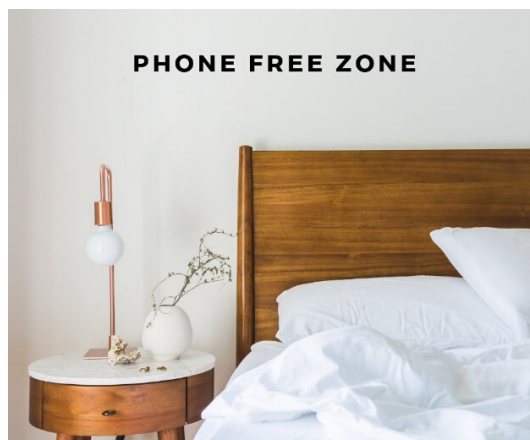
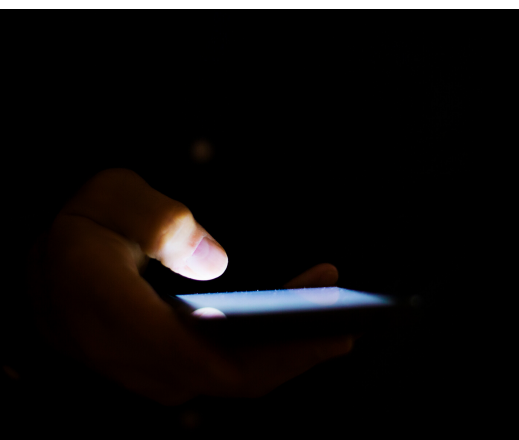
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You can do these challenges at your own pace. One per day, or the same one during a whole week before moving on to the next, or perhaps combine challenges together.

Don't get discouraged if you do not succeed at first try, pay attention to every progress, celebrate each small victory!

You can book a free coaching session [HERE](#) to let me know how these challenges went for you.



Mini challenge #1: Turn your phone off at night

I don't mean putting it on silent or plane mode, I mean turning it off completely.

Most smartphone users never ever turn their phone off. Even when they sleep, even if they are not expecting any emergency call from a relative or a coworker. Even if they don't use their phone to wake them up in the morning. If this is you, give this challenge a try and observe:

- How you feel when you press the power button.
- How many hours you manage to keep the phone off.
- How the quality of your sleep is. (better than usual, worse, same?)
- How you feel when turning it back on.

Bonus: Turning off your phone at night will save its battery!

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Mini challenge #2: Leave your phone out of the bedroom at night

First of all, turn your phone off or put it on silent if you can't turn it off completely.

Store it out of your bedroom, or as far as possible from your bed if you live in a studio.

Intentionally putting your phone out of reach is a major step if you are used to scrolling until turning the lights off. This will also require a more conscious action to grab it and turn it back on in the morning.

When doing this challenge, pay attention to your emotions when:

- You put your phone away at night.
- You are lying in bed before sleeping.
- You wake up.
- You go get your phone in the morning.

Mini challenge #3: Do not check out your phone when it is charging

Depending on how long it takes to charge your phone, this represents a more or less difficult challenge.

If you turn off your phone, it will be fully charged faster. In plane mode, it will take a little longer but these two options will increase your chances of success with this challenge.

If you do not want to turn your phone off completely, put it on silent, turn off notifications and leave it face down to avoid temptations.

While your phone is charging:

- Note the time you plug it in.
- Pay attention to your emotions.
- Note all impulses to check your phone that come up.
- Note the time you plug it out.

Know that the slower you charge your battery, the better for its lifespan!



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No One is Doomed to Screen Addiction