



DAY 1: WHAT'S MASTERING YOU & WHAT IT'S DOING TO YOU

Start by taking an inventory of how much time you're actually spending on your phone. Go into your phone settings and investigate your screen time.

- How to find this on [iPhone](#)
- How to find this on [Android phones](#):
- Or do a quick Google search for "how to track phone usage for" your specific device
- You might also search for a screen time app that works for your device

DAILY SCREEN TIME CHECK

How much time am I spending in the following categories? (Track your previous day's usage)

- Total Screen Time:
- Entertainment:
- Productivity:
- Social Networking apps:
- Which apps am I using the most?
- How many times am I picking up my phone per day?

*The categories you track may vary based on your device's capabilities. The goal is to start logging the time you're spending on your phone and the type of content you're interacting with. Feel free to track different categories if they make more sense for you!

How do I feel based on the numbers I found above?

What need is my phone filling for me?

What is my phone costing me? (Besides the monthly phone bill)

Philosophy = a theory or attitude held by a person or organization that acts as a guiding principle for behavior.

What would I like my personal philosophy for my phone to be?

TAKE THE DAY OFF: Try to go one day without your phone

Pick a day this week to take a break from your phone. During this day, make note of how many times you're tempted to reach for your phone and how often you feel bored. Boredom should be *celebrated* as it's the breeding ground for creative ideas and it creates a quiet space to hear God speak. Record what you did, how many times you were tempted to reach for your phone, and anything special you learned that day.



DAY 2: ASSESS

Take the Smartphone Compulsion Test

(Developed by Dr. David Greenfield, founder of the Center for Internet and Technology Addiction and psychiatry professor at the University of Connecticut School of Medicine).

Circle any questions that apply to you:

1. Do you find yourself spending more time on your cell or smartphone than you realize?
2. Do you find yourself mindlessly passing time on a regular basis by staring at your cell or smartphone?
3. Do you seem to lose track of time when on your cell or smartphone?
4. Do you find yourself spending more time texting, tweeting, or emailing as opposed to talking to people in person?
5. Has the amount of time you spend on your cell or smartphone been increasing?
6. Do you wish you could be a little less involved with your phone?
7. Do you sleep with your cell or smartphone (turned on) under your pillow or next to your bed regularly?
8. Do you find yourself viewing and answering texts, tweets, and emails at all hours of the day and night—even if it means interrupting other things you are doing?
9. Do you text, email, tweet, Snapchat, Facebook message, or surf while driving or doing other similar activities that require your focused attention and concentration?
10. Do you feel your use of your cell or smartphone decreases your productivity at times?
11. Do you feel reluctant to be without your cell or smartphone, even for a short time?
12. Do you feel ill at ease or uncomfortable when you accidentally leave your smartphone in the car or at home, have no service, or have a broken phone?
13. When you eat meals, is your cell or smartphone always part of the table place setting?
14. When your cell or smartphone rings, beeps, or buzzes, do you feel an intense urge to check for texts, tweets, emails, updates, and so on?
15. Do you find yourself mindlessly checking your cell or smartphone many times a day, even when you know there is likely nothing new or important to see?

**How many did you circle?**

1–2: Your behavior is normal but that doesn't mean you should live on your smartphone.

3–4: Your behavior is leaning toward problematic or compulsive use.

5 or above: It is likely that you may have a problematic or compulsive smartphone use pattern.

8 or higher: You might consider seeing someone who specializes in behavioral addictions

Don't be discouraged or ashamed by your results. This is an objective test that should not lead to judgment or shame. Awareness precedes transformation, and this is a starting place for you to find true phone freedom!

How do I feel based on the results of this test?

If you haven't already, plan your one-day Sabbath from your phone.

Keep working on your personal philosophy for your phone, and write your thoughts here:

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DAY 3: GET BORED

Our brain needs space to be bored! Remember, boredom should be *celebrated* as it's the breeding ground for creative ideas and a quiet space to hear God speak.

Here are some ideas for activities to do when you're bored!

- Write a hand-written note to someone
- Call a friend
- Organize a junk drawer
- Clean out your pantry
- Go for a walk
- Journal (we suggest our [Revelation Wellness Move in Love Journal!](#))
- Read a book
- Listen to a [Be Still & Be Loved podcast episode](#)
- Work on something outside

Now make a list of things you will do when you are anxious about having nothing to do (aka..bored.)

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DAY 4: Interrupting the Habit Loop: Awareness & Muscle Memory

When your mind is idle, your muscle memory may cause you to pick up your phone without even thinking about it. Take note of when this is happening throughout the day.

When do I habitually, without thinking, reach for my phone? (during meals, first thing in the morning, standing in lines waiting, before bed, etc.)

What emotions am I feeling when I reach for my phone? (bored, frustrated, lonely, etc.)

What do I feel while using my phone?

What do I feel like after I use my phone?

Which apps am I drawn to without even thinking about it? What could I do about this?

When triggered or cued, what response can I have instead of reaching for my phone?

If I do the above, what will my reward be?

What is my personal philosophy for my phone?

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Day 5: What's being stolen from me (time and treasure to fuel my destiny)

What does time on my phone add to my life?

What is it taking away from my life?

What do I really enjoy doing that doesn't require my phone?

If I had the time to do what gives me joy and could serve another with, and had absolutely no fear of man or failure, what would I do?

What's one thing I could start doing with my time, rather than being on my phone, to start taking steps towards serving another with my joy?

What's my personal philosophy for my phone?

THINGS I CAN DO WITH MY TIME INSTEAD OF MINDLESSLY BEING ON MY PHONE:

- Take 15 minutes to do the daily devotional in my bible app
- Take 10-20 minutes to plan my day in my Move in Love Wellness Journal ([link](#))
- 1 mile walk = 14 minutes
- Exercise for 30 minutes (or 10 minutes, three times a day. Use after breakfast, lunch and dinner as your cue.)
- 30 minutes to menu plan for the week: Be intentional about how you are fueling yourself and your family
- Take 15 minutes to chop fresh vegetables and put in your fridge for the week.
- Read 30 minutes per day and finish a book a week.
- Read 15 minutes per day and finish a book every two weeks.
- Listen to a [Be Still & Be Loved](#) on the Revelation Wellness Podcast
- Take 5- 10 minutes before going to bed to write in a gratitude journal.

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DAY 6: AGENCY: WHAT ARE THE THINGS I NEED TO DO THAT ONLY I CAN DO?

Think through your day and list below the things that you need to do that ONLY you can do to bring heaven to earth: (i.e. parent your children, be a wife/husband to your spouse, care for your body, etc.)

How necessary is your phone to the things you listed above?

Did social media make the cut on the list of things you need to do to bring heaven to earth? If so, how?

How is my phone distracting me from these good works the Lord has called me to?

My personal philosophy for my phone is:

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DAY 7: GET SMART

What is my personal phone philosophy?

How will I use technology to support my personal philosophy, draw closer to God, and serve others?

Check the box of the things you will DO (or have done) to support your personal phone philosophy?

- Set screen time limits on your phone and stay accountable. (Be sure to set times for each productivity, social and entertainment apps as well)
- Enjoy a phone free day once a week. (aka...sabbath)
- Turn off all notifications
- Delete “junk food” apps from your phone. (Junk food apps are those you anticipate looking at, suck your time, and leave you feeling disappointed, unsatisfied and uncertain.)
- If you use social media for work or pleasure purposes you will limit your time on it each day and when you will check it each day.(Always be thinking in the back of your mind “Why am I here?” and leave once you feel the “ants start sucking”)
- If using social media for work or pleasure, you will consider the habit of the “post and go”, and not waiting to see how likes or agrees with what you have to say.
- Don’t use my phone as the alarm that wakes me up each morning
- Consider who you are following on social media. If they don’t bring you life and peace, consider muting, restricting or unfollowing (aka, create a healthy newsfeed!)
- Declutter my email regularly by unsubscribing to contacts that don’t serve me well.
- Keep the apps that serve me well, well organized and in folders on my phone.
- Enforce no phone zones: Where are the places in your life or times in your day that you have a “no phone zone” policy?
- Ask a friend/spouse/etc to hold you accountable (and don’t be short with them when they do!)
- Turn my phone to grayscale after a certain time of day

*On an iPhone, to easily toggle between color and grayscale, go to Settings > General > Accessibility > Shortcut > Color Filters. Place a check next to Color Filters. Quickly press the home button three times to turn on or off grayscale.



How will using your phone serve your good works and glorify God in heaven?

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