HONEST LITTLE APPS / FOCUSPASS

Seven evenings without scrolling

Choose a cutoff. Try one small change each night. Write down what actually happened.

My cutoff _____ **I need to keep this available** _____

EVENING EXPERIMENT	WHAT HAPPENED?	DONE
1. Notice an opening What did you mean to do?		☐
2. Pick a parking spot Where will your phone sit?		☐
3. Choose one distraction Which app and what window?		☐
4. Try a timed visit What did you open it for?		☐
5. Put a replacement nearby What did you reach for instead?		☐
6. Plan for one essential task Which tool will you need?		☐
7. Choose next week's rule What will you keep or move?		☐

My next evening

When I open _____ I want to _____

One thing that would make that easier _____

Using an iPhone?

FocusPass offers timed Passes and one free Focus Zone. Task Access is an optional Pro feature.

See FocusPass on the App Store