

Weeks of change

Prepared for Lucija Test

Treat the plan as a starting proposal and adjust it as you go.

3D · Divert · Discomfort → Delight — HDI rests on one simple idea: 3D. Divert: when the pull toward the screen comes, you do not just fight it; you turn toward something that does you more good. Discomfort: the first days feel awkward, and that is expected; your energizers carry you through. Delight: repeat it, and what took effort becomes something you enjoy and choose.

Your models to try

3E · Environment · Energize → Empower
Environment — arrange your space so the good choice is the easy one; Energize — act first; the feeling follows; Empower — the change becomes yours

3S · Separation · Solitude → Success
Separation — distance from the phone;
Solitude — time alone, without distraction;
Success — you steer your day again

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Before you start — and worth coming back to

This plan is a set of small practices to try. It is not the right thing for every moment in a life, and it cannot tell how you are. Nobody is reading it back. That is why this page is here.

Put the plan down if:

- two weeks in a row leave you worse rather than steadier
- you are sleeping or eating much less, or much more, than is usual for you
- you are avoiding people you would otherwise want to see
- you feel dread before a practice rather than reluctance
- the plan has become a way of being hard on yourself

If that is where you are, do not push through. Put the plan aside and talk to a person — your doctor, a helpline where you live, or someone close to you. Coming back later costs nothing. There is no week to catch up on, and nothing here is a test.

If you are thinking of harming yourself, stop reading and get help now. Call your local emergency number, or go to the nearest emergency department. Tell someone close to you, out loud, today. Your doctor can help you find ongoing support where you live.

None of this is a diagnosis. We cannot make one, and this plan is not a substitute for talking to someone who can.

How to use this plan

If one of these is the one, put it down somewhere — which practice, and when and where you will do it.

_____

The line above, a notebook, a note on your phone: all three do the same work. Nobody sees it but you. It matters because a practice with a time and a place attached is a different thing from a practice you meant to get to.

Week 1 · something new

Stand up once — Stand all the way up, take your weight on both feet for a few seconds, then sit back down and carry on. No stretching routine, no walk.

Not for you if: If standing up quickly makes you dizzy or unsteady, or standing is not something you do, take the seated version: press both feet into the floor and sit up tall for a few seconds, then carry on.

Or instead: **Come up out of the slump** — Notice how you are sitting. Stack yourself upright — feet flat, weight back, head over shoulders. Hold it for the next minute of whatever you were doing.

Not for you if: If sitting upright hurts your back or neck, or your joints bend further than most people's, leave this one out — holding a position is not for you. It is a posture, not a virtue: there is nothing to feel bad about in the slump.

Energizer thread, early weeks: begin each day from whichever source is nearer — the room or the reason. Your answers did not favour one of these two over the other; the early skill is noticing which one is already running.

Week 2 · something new

Comparing yourself to others — Mute by the sting, not by the person — For one week keep the feed, but edit it as you go. Every time a post leaves that small sinking feeling, mute the account there and then. Mute, not unfollow — the person stays, their posts go. No list in advance; the sting decides. At the end of the week, look at what you muted and leave it muted another week.

Not for you if watching those accounts is your job. If by the end of the week almost everyone is muted, the sting is coming from the feed itself, not from particular accounts, and muting will not reach it. And a mute is not a verdict on the person: if you notice you are muting people you love because they are doing well, stop and talk to one of them instead.

Or instead: **Comparing yourself to others — Open the feed for one named thing, then close it** — Before you open any feed app, say the one thing you are there to do. Answer Maja, post the photo of the shelf, find the recipe Ivan mentioned. Do that thing, then close the app. If you cannot name a thing, do not open it — that is the whole rule.

Not for you if the feed is your paid work — a page you run for a shop or a club, a beat you report on, a community you manage — because then the named thing never runs out. For everyone else, one warning: if the thing you name is always to post something and see what it gets, the rule has stopped protecting you. Checking on a sick friend or a distant parent is a named thing and counts.

Or instead: **Comparing yourself to others — Strict newsfeed starvation** — Use a tool (e.g. a feed-eradicator-type extension or the platform's own unfollow-everything route) that reduces the newsfeed to nothing, while messaging/groups/search keep working. The feed's endless format is structurally deleted rather than resisted.

Not for you if the feed is your paid work — community, social-media or press roles; the feed is your desk. If the fear of missing out is the tense side for you, the blank box will show you that cost first; the gentler start is to leave the feed in place and shorten one sitting of it, and come to the blank box after.

Week 3 · something new

Three things you noticed today — Keep the nightly three, and start catching one of them while it is happening — noticing in the moment, not only at the recall.

Not for you if: If naming three things starts to feel like forcing yourself to be positive, or turns into "why didn't I notice more", drop it for now. It is meant to be light, and it is not a test of your day.

Or instead: **Tend one plant within reach** — Keep one plant where you work and give it five real minutes. Turn it to the light, wipe a leaf, check the soil with a finger. Hands on it, no screen.

Not for you if: Pick a plant that is hard to kill. If it dies anyway and you find yourself blaming yourself for it, the practice has turned into the opposite of what it is for — put it down, or start again with a tougher plant.

Or instead: **Forty-second green glance** — When concentration goes, look out of a window at something living — grass, a tree, a weed, sky — for about forty seconds without checking anything. Then go back.

Not for you if: It needs a window with something living in view. If there is none where you work, this one is not available to you as written; a plant on the desk is the nearer door.

Week 4 · something new

Stopping when you mean to — An if-then line for the moment you know is coming — Write the line for the moment you least believe it will work — the strongest pull you know is coming this week — and say it before the moment arrives.

Not for you if: If you hold yourself to other people's standards and a broken rule lands hard on you, one more rule will not help — that is the signal to stop writing rules, not to write a firmer one. Skip it as well in a week when you are running on empty.

Or instead: **Stopping when you mean to — Device curfew pegged to an external evening cue** — Let something outside you end the day's last screen. The evening news sign-off, the last scheduled episode, church bells, a partner turning out the light. It comes at the same time every day and does not negotiate.

Not for you if: It needs an evening that ends at about the same time most days. If you work evening shifts, or you have a baby and no two evenings are alike, there is no fixed cue to peg to — choose a practice that does not depend on the clock.

Or instead: **Stopping when you mean to — Change the room before you change your mind** — This week, rearrange the hardest hour — whatever cue owns your worst stretch of the day gets moved before the hour starts, not during it.

Not for you if: It needs a room, a device or a routine that is yours to change. If the devices are shared or the space is not yours to rearrange, this one is not available as written; move the smallest thing that is yours — where your own phone sits during the hour.

Energizer thread, peak week: run both levers at once — the arranged environment and the stated aim — on the same demanding day. Your answers lean towards both beliefs about what helps people change; the peak is where you find out what each one does for you.

Week 5 · again

Energizer thread, maintenance: alternate deliberately. Let structure carry the flat days and meaning carry the free ones, and treat the alternation as rhythm rather than inconsistency.

Nothing new this week. Go back to what you put down in the first four weeks — wherever you put it — and do what is written there, on separate days rather than stacked into one.

Week 6 · again

The number again. Look it up and put it down wherever you put the first one — or on the line below:

_____ minutes a day.

Now look back at the first one.

Whatever the two numbers say, they are information about the weeks between them — not a verdict on you. A number that went up tells you something real about what those weeks held. That is worth more than a number you never looked at.

Closing the loop. At the end of the sixth week, take the assessment again and set the new report beside What your answers say. If a number moved, something changed. The number cannot tell you why — you can. Numbers that did not move are next quarter's map. Either way you end with evidence, not impressions.

Why these practices: What your answers say shows your copers, your energizers and how your days close. Put One page for the fridge where you will see it every day.

The sources for every suggestion in this document are listed at the end of the book “Thirty coffees”.

These pages were written from your answers. Your name is on them, because they were written for you. Your raw answers are not in them.

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