

# What your answers say

**Prepared for Lucija Test**

This is a reading of your answers from one day. It is not a diagnosis.

**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**

**3M · Meaning · Momentum → Mastery**
Meaning — know why it matters to you; Momentum — keep going, and start again kindly after a slip; Mastery — setbacks stop deciding for you

**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

**3A · Awe · Alertness → Achievement** Awe — something bigger than you; Alertness — attention out, here and now; Achievement — doing something that means something to you

**3B · Basics · Body → Balance** Basics — sleep, meals and rest without a screen; Body — move in your free time; Balance — a body that can switch off and recover

**3F · Filter · Focus → Flow** Filter — let in only what matters; Focus — one task at a time; Flow — deep absorption in something worth doing

The 3D model, energizers and copers © HDI.Vision. Free to use and share under CC BY 4.0, with attribution.

Worth your attention now: “What you can lean on”, “What the world asks of you”. You recharge most through Wonder & beauty. Other channels are in your mix too. The pull shows in more than one area, so the plan touches several a little rather than one hard. What to do about it is in Weeks of change.

## Start this week: three things

**3A · Awe · Alertness → Achievement** — Wonder & beauty — Last thing at night, name three things you actually noticed that day. The light on a wall, a smell in the stairwell, someone's laugh.

**Change the room before you change your mind** — Move one thing out of easy reach — the charger to another room, the loudest app off the first screen. Then notice how often your attention still goes looking for it.

**How your days close, and what to do** — Give one stretch of work an ending the calendar holds, not you: open email only in one to three booked slots a day, each closed by the next thing in your diary. When the slot ends, the mail waits.

## How you recharge, and how to use it

*Copers are HDI's name for the channels you recharge through. HDI measures not only what drains you, but also what fills you back up, so you can use it on purpose.*

**3A · Awe · Alertness → Achievement · 31.3%** — Wonder & beauty · Of the ways people refill, this one leads your mix: wonder and beauty.

**Three things you noticed today** — Last thing at night, name three things you actually noticed that day. The light on a wall, a smell in the stairwell, someone's laugh. Say why each one caught you.

**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.

**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.

Begin at the cheapest door. Take tomorrow's first coffee to the doorstep and watch the street wake up instead of your feed — no task, just weather and light. At dusk, walk to the end of your street and back, naming the exact colour the sky is losing. When rain starts, open a window, put the phone in another room, and listen until you can pick apart the separate sounds of water. None of this asks for fitness, money, or a free afternoon; each puts your senses back on duty for a few minutes. Choose whichever feels least like homework and repeat it until it stops being an effort.

**3B · Basics · Body → Balance · 25.0%** — Rest & body care · Rest and body care hold a place in your recharge mix.

**Spend energy, not hours** — Instead of budgeting time, budget recovery — one concentrated push, then genuinely stop and move, eat or go outside before the next push.

**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.

**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.

Give tonight a proper ending. An hour before the sleep you actually want, start the descent: screens parked outside the bedroom, lights lowered, a hot shower or bath taken slowly enough to feel it work. Let the bed be for sleeping — dark room, cool air, nothing glowing within reach. If the evening usually swallows this hour, move the ending earlier, not the alarm later. One night ended this deliberately will not repay a whole tired week, but it teaches the body what rest feels like — and bodies, once taught, start asking for it themselves.

**3F · Filter · Focus → Flow · 18.8%** — Getting absorbed · Among your ways of recharging, absorption holds a real place.

Choose one thing that pulls you in: making, playing, solving. Book an hour or more for it this week, phone in another room. Start each time with the same two or three small steps, then let the hour run.

Give your best absorbed hours more territory. Find the stretch of day when deep engagement already comes easiest and book it forward like a meeting — written into the calendar, defended from the small stuff.

Feed it the thing you most want to sink into, chosen the night before, so the strength lands where it matters. On a scattered day, run ten minutes of your absorbing activity first, and ride the settled feeling into whatever you were avoiding. Weekly, take the deep stretch somewhere the phone is not — a library table, a quiet cafe corner. You are promoting a working asset into hours the screen held by default.

**Other channels — smaller or level — 24.9%** · You do not need to put your focus here for now.

## Both paths are open to you

*Energizers are HDI's name for what powers a change in you: the room around you, or a reason of your own. Start a new habit through the one that runs strongest.*

**Change the room before you change your mind** — Move one thing out of easy reach — the charger to another room, the loudest app off the first screen. Then notice how often your attention still goes looking for it. Notice without scolding yourself.

**3M · Meaning · Momentum → Mastery** – Drive from within

This one opens inward: it asks what the change is for — one honest reason, one small step, one kind way back after a slip.

**3E · Environment · Energize → Empower** – Lift from surroundings

This one opens outward: change what surrounds you before changing what you feel.

## How your days close, and what to do

*Rc is HDI's closure measure: how much of your day comes to an end, and how much stays open. In the HDI closure model, the fix is not less screen. It is more things that finish.*

**A typical day: closed 12.8% · open 86.5% · empty 0.7%. Work with an ending 22.8% · content that ends 7.5% · daily gaps kept empty 6.6%.**

Give one stretch of work an ending the calendar holds, not you: open email only in one to three booked slots a day, each closed by the next thing in your diary. When the slot ends, the mail waits.

Pick one gap that comes every day, a queue, a wait or one leg of your commute, and keep it empty: hands free, nothing in your ears. The wait ends by itself, and a gap left empty is where a full day gets to drain.

Tonight, turn autoplay off in every streaming and video app that allows it. Each episode then stops at its credits, and going on becomes a choice instead of the default.

## Where to act now

### Stopping when you mean to

Win one exit tomorrow — just one, chosen for smallness. Pick the easiest session of your day, not the hardest: the lunchtime scroll, the mid-morning check. Before it starts, set a kitchen timer or ask someone nearby to call time. When it sounds, put the phone down mid-feed, unfinished, and walk one lap of the room. The practice is grounded in variable-ratio reward: the loop's power is 'one more', and every exit taken mid-promise weakens it. One small session. One timed exit. One lap.

### Comparing yourself to others

Give yourself one feed-free morning tomorrow — not forever, just the first hour. Before bed, put one kind thing where the phone usually is: a note with a plan for the morning, a book, the makings of a proper breakfast. Let the day's first verdict about you come from your own morning, not the parade. The practice is grounded in social comparison: mornings set the day's reference point, and you deserve one your life can actually win. Phone parked tonight. Your hour first.

### The pull of your phone

Start with one protected pocket of time — small enough to win. Tomorrow morning, before the first check, sit with your coffee or tea for the length of the cup, phone in another room from the night before. The feeling that shows up in that gap is the one the screen has been intercepting; let it just be there. The practice is grounded in negative reinforcement: every urge that passes unfed loosens the loop. Tonight, put the charger in the hallway. In the morning, drink the whole cup first.

### Your pull toward social media

Reclaim the first minutes of the day. Tonight, charge the phone outside the bedroom and put one specific thing on the pillow-side table instead: a book, a notepad, headphones with a downloaded album. Tomorrow, the day opens with that object, not the feed — a short while with it, then the phone if you want it. The practice is grounded in the cue-craving loop: the waking moment is the day's first cue, and whoever answers it sets the tone. Charger out, object in, tonight.

### The weight of always being on

Let one person hold the watch for you. This week, choose an evening, tell someone you trust that anything urgent can find you through them, and hand them that role for a few hours while the phone sits in another room. The practice is grounded in the vigilance loop: the guard rests easiest when someone else is visibly on duty. Ask them today — most people are glad to be asked.

Also worth watching later: Hostility and hurt online, Getting work done, Life beyond the screen, Focus and attention, What keeps you going, The pressure to be available.

In these areas you do not need to put your focus for now: Carrying on when it's costing you.

Your other documents. Weeks of change turns these practices into six weeks, one at a time. One page for the fridge keeps the plan in sight. Thirty coffees holds short stories for quiet moments, and every source. For the person who helps you is a page you may choose to give to someone you trust.

# What this report can and cannot see

This report reads one thing: your relationship with your screens. It reads it from answers you gave on a single occasion.

It cannot see how you are doing otherwise. It does not know your history, what your days are like, or anything you did not type.

So if something heavier is going on, this is not the place to bring it — and nothing in these pages should be read as telling you that you are fine.

If you would rather talk to a person, start with someone close to you, your doctor, or a helpline where you live. A search will find one in your own country faster than any list we could keep true.

We are not a crisis service, and nobody here reads your answers as you write them.

**1 · Re-measure** At the end of week six, take the assessment again and set the new report beside this one. The comparison, not the memory, tells you what actually moved — and what belongs on next quarter's map.

**2 · Ask** Questions about this report, the practices, or the letter for a professional: **info@hdi.vision**. A person reads that inbox, not a system.

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

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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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