

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

This is what you do, one week at a time, for six weeks. Open it once a week. Each week is a page or two.

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

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 READ THE MARKS IN THIS REPORT

Plain paragraphs **describe** what your answers show. A box that starts with **“Try this”** is an invitation, never an instruction — a small experiment grounded in the mechanism named in the fine print beneath it. The lines under **“What we measured”** are the individual threads your answers were read from.

Practices carrying a mark like t1 come from our studied practice library: the same mark finds the practice in the provenance catalogue at the end of this document, and numbers like [1] point to the published research listed under Works cited in your practices.

Two small badges travel through the report: resource marks an area you can lean on, and watch marks one that deserves your attention now. Neither is a grade — both name the current condition of that spot, nothing more.

NOTES

PRACTICE

Your starting practices

These tasks are yours to repeat. They are small on purpose — each fits inside an ordinary day, before the day gets a say. Do them daily where the line says daily, and at the moment they name where it says otherwise. Nothing here needs a clear schedule or a good week to work; it needs repetition, which is a humbler thing. And when a day goes by without them, that is what it is — a day. The list will be exactly where you left it in the morning.

Wonder & beauty WHERE YOU START

THREE THINGS YOU NOTICED TODAY T1

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.

“Naming specific good things you noticed is one of the better-replicated wellbeing exercises (Seligman and colleagues) — the effects are modest, they fade if it turns into forced positivity, and in a low period 'why didn't I notice more' is the failure mode to watch.”^[1]

TEND ONE PLANT WITHIN REACH T2

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.

“A small experiment found that hands-on minutes with an indoor plant left people physiologically calmer than the same minutes at a screen (Lee and colleagues) — the study was small and of young men only, and keeping a plant as a daily practice has not itself been tested.”^[2]

FORTY-SECOND GREEN GLANCE T3

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.

“A clean randomized experiment found that a forty-second look at something green left students making fewer lapses on an attention task than a bare view did (Lee and colleagues) — it was measured only in the moment right after the break, which is exactly the size of job this move is for.”^[3]

NOTES

Quiet & solitude NEXT

DO ONE ORDINARY THING AT ITS OWN SPEED T4

Pick one routine act you do daily — washing up, making coffee — and do only that for its duration, hands and eyes on it, phone elsewhere. When it is done, it is done.

“One small published experiment found that washing the dishes attentively left people calmer and more present immediately afterwards (Hanley and colleagues) — one small study, immediate effects only, and keep the attention on the task, not on yourself.”^[4]

A CLOSING RITUAL T5

In the last fifteen minutes of work, move every open thing onto a written list or into a slot in the diary. Say one fixed closing phrase out loud. Then do not check work again until morning.

“Two mechanisms support the pieces of a shutdown ritual — writing a specific plan quiets an unfinished task’s pull (Masicampo and Baumeister), and evening detachment from work aids recovery (Sonnentag) — while we have not tested the ritual as packaged, closing phrase included, and it needs a job that actually has an end.”^{[5][6]}

ONE PHONE-FREE TRANSIT LEG PER DAY T6

Pick one recurring commute/transit leg and stow the device for its whole duration. Transit is naturally bounded — the vehicle arrives, the walk ends — so the input-free interval closes itself.

“Letting the mind wander during undemanding stretches helped later idea generation in laboratory research (Baird and colleagues) — we have not tested the phone-free commute itself; keep navigation and safety uses excepted.”^[7]

CHANGE THE ROOM BEFORE YOU CHANGE YOUR MIND T7

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.

“A randomised trial that blocked mobile internet on the phone for two weeks improved attention and wellbeing (Castelo and colleagues) — that was an internet block, not a rearranged room. Moving one cue out of easy reach is our lighter version, and we have not tested it, so treat it as a trial on yourself, not as the tested thing.”^{[8][9]}

NOTES

From your recharge mix

The portrait in What your answers say promised these — one small practice for each channel that refills you, matched to the mirror you read there.

TRY THIS — WONDER & BEAUTY

Grow it in rounds, like couch-to-trail. First, notice on purpose: each day, find one thing on your usual route you have never seen before — a doorway, a crack, a nest — and let the streak grow. Next, stretch the awe: stand where the land opens, briefly at first, then longer, until your thoughts run out and the view is still there. Then add a finishing ritual: pick one small make — a repaired hinge, a planted pot, a hand-written letter — and mark each completion by saying done out loud. Each round asks slightly more than the last; keep the log on paper, where a streak has weight.

TRY THIS — REST & BODY CARE

Book your body one real appointment this week. It might be the sauna or the pool, a massage, or nothing more exotic than a morning with no alarm and a long breakfast eaten slowly. Treat it like a meeting: written down, defended, phone left in the locker or another room. While it runs, do only what it is — heat, water, stretch, sleep — and let the mind idle without a feed to fill it. Afterwards, notice what the rest actually bought: the looser shoulders, the longer fuse. Care like this is maintenance, not reward, and it works best taken regularly, before the week has emptied you. ^[10] ^[11] ^[12] ^[13] ^[14] ^[6] ^[15] ^[16] ^[17] ^[18] ^[19] ^[20]

TRY THIS — ABSORPTION & FLOW

Make tomorrow's absorbing thing easier to enter than the feed. Clear the space tonight until only its materials remain — the way you would set out running shoes by the door. When you sit down, promise yourself five honest minutes: phone in the hall, one window open, nothing else. Somewhere past those minutes the resistance usually thins; if it does not, stop without blame and try the same five again later. Keep a scrap of paper for anything that pops up: write it, park it, return. End at your planned stop and stand up while it still feels easy. Small crossings, repeated, are how the doorway stops being a wall.

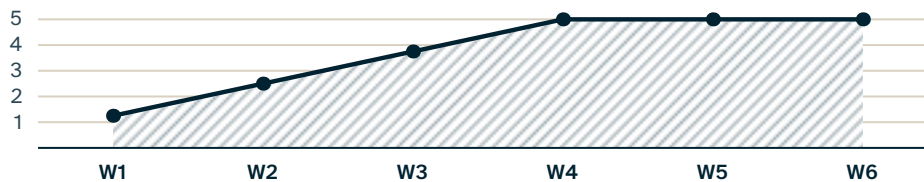
Practices become change when they get a calendar. The next chapter gives them six weeks.

NOTES

PRACTICE

Your six-week practice plan

Friction targets. Work one flagged area at a time, starting with the one that costs you most. Each area is described in What your answers say. The matching practice in this plan is the tool; the situation where you usually lose is the training ground.



How the plan fills up. The height is how much is in place by that week, not how hard the week is: weeks one to four each add something, and weeks five and six add nothing new.

Week 1

SOMETHING NEW

Week one puts one practice in place. Take the one below that looks most like your actual life, not the one that looks most impressive, and do it on most days. Nothing else is asked this week. What is being tested is not the practice — it is whether a small thing you decided on gets done.

Where this path comes from is in What your answers say, in How you refuel.

YOUR ENERGIZER PATH

Energizer thread, early weeks: begin each day from whichever source is nearer — the room or the reason. You have both engines; the early skill is noticing which one is already running.

NOTES

Before the first practice, one number.

Look up your daily average screen time — your phone keeps it — and put it down, on the line below or wherever you keep such things:

_____ minutes a day.

Then pick how much less you are going for. Not a total. A difference from your own number:

30 minutes a day less

60 minutes a day less

90 minutes a day less

nothing — if your screen time is already where you want it, that is a real answer, and this plan does not need you to invent a problem you do not have

Where these numbers come from, and what they are not. In one study, students averaging about four and a half hours a day were asked to cut to two hours for three weeks. They reported feeling somewhat better afterwards — modestly — on mood, stress and sleep. That study tested one size of cut against no cut at all. Nobody has tested thirty minutes, or sixty, or ninety. So the three numbers above are not three doses with three known returns. They are three sizes of a thing you might actually do, and the largest of them is still smaller than the only cut anyone has measured.

The same study is worth knowing for its other half. When the three weeks ended, those students' screen time climbed back almost to where it had started. The reduction produced the effect; the instruction did not keep it. That is the reason this plan runs six weeks and comes round again, instead of running three and stopping.

THREE THINGS YOU NOTICED TODAY — SOMETHING NEW T1

Last thing at night, name three specific things you actually noticed today — the light on a wall, a smell in the stairwell — and what caught you about each.

“Naming specific good things you noticed is one of the better-replicated wellbeing exercises (Seligman and colleagues) — the effects are modest, they fade if it turns into forced positivity, and in a low period 'why didn't I notice more' is the failure mode to watch.”^[1]

SKIP OR ADAPT IF THIS ISN'T FOR YOU — 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.

 NOTES

TEND ONE PLANT WITHIN REACH — SOMETHING NEW T2

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.

“A small experiment found that hands-on minutes with an indoor plant left people physiologically calmer than the same minutes at a screen (Lee and colleagues) — the study was small and of young men only, and keeping a plant as a daily practice has not itself been tested.”^[2]

SKIP OR ADAPT IF THIS ISN'T FOR YOU — 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.

FORTY-SECOND GREEN GLANCE — SOMETHING NEW T3

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.

“A clean randomized experiment found that a forty-second look at something green left students making fewer lapses on an attention task than a bare view did (Lee and colleagues) — it was measured only in the moment right after the break, which is exactly the size of job this move is for.”^[3]

SKIP OR ADAPT IF THIS ISN'T FOR YOU — 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.

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 2

SOMETHING NEW

Week two adds one more, and keeps the first. Two now, and that is the whole week. Put them at different ends of the day so each has somewhere of its own to live. If the first one did not happen last week, that is not falling behind — start it again here. A practice repeated is a practice learned.

 NOTES

FRICTION TARGET: COMPARING YOURSELF TO OTHERS — MUTE BY THE STING, NOT BY THE PERSON — SOMETHING NEW

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.

“Muting, one account at a time, the posts that leave you feeling behind — keeping the person, losing their posts from your feed — uses a control the platforms document and provide; we have found no published measurement of the practice in this form, so we claim no effect for it. Not for anyone whose work is watching those accounts.”
[21][22][23]

SKIP OR ADAPT IF THIS ISN'T FOR YOU — 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.

FRICTION TARGET: COMPARING YOURSELF TO OTHERS — OPEN THE FEED FOR ONE NAMED THING, THEN CLOSE IT — SOMETHING NEW

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.

“Naming the one thing you are opening the app to do — and closing it when that thing is done — puts the session into the active mode rather than open-ended browsing. In a laboratory study people cued to browse passively reported declining feelings compared with people cued to interact, and the same pattern appeared in daily life, carried by envy. The naming rule itself was not tested; it is our form.”

SKIP OR ADAPT IF THIS ISN'T FOR YOU — 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.

 NOTES

FRICTION TARGET: COMPARING YOURSELF TO OTHERS — STRICT NEWSFEED STARVATION — SOMETHING NEW

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.

“In a field experiment with real social-media users, structurally emptying the newsfeed cut time on the platform sharply while messages and groups kept working (Purohit and colleagues) — a single study in a desktop context, and some participants felt a fear of missing out at first.”

SKIP OR ADAPT IF THIS ISN'T FOR YOU — 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.

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 3

SOMETHING NEW

Week three adds the third. The same size as the others: this plan grows by how much is in place, not by how hard any week is. Nothing from the earlier weeks gets longer, deeper or more serious. They simply keep happening.

DO ONE ORDINARY THING AT ITS OWN SPEED — SOMETHING NEW T4

Keep the one act, and give the same single-tasking to a second routine moment of the day — still ordinary, still nothing added.

“One small published experiment found that washing the dishes attentively left people calmer and more present immediately afterwards (Hanley and colleagues) — one small study, immediate effects only, and keep the attention on the task, not on yourself.”^[4]

NOTES

ONE PHONE-FREE TRANSIT LEG PER DAY — SOMETHING NEW T6

Pick one recurring commute/transit leg and stow the device for its whole duration. Transit is naturally bounded — the vehicle arrives, the walk ends — so the input-free interval closes itself.

“Letting the mind wander during undemanding stretches helped later idea generation in laboratory research (Baird and colleagues) — we have not tested the phone-free commute itself; keep navigation and safety uses excepted.”^[7]

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 4

SOMETHING NEW

Week four adds the fourth, and that is where this plan stops adding. If one or two of them have quietly disappeared by now, that is information about those practices, not about you. The ones still standing at the end are the ones that fit your life, and finding out which those are is a large part of what these six weeks are for.

YOUR ENERGIZER PATH

Energizer thread, peak week: run both levers at once — the arranged environment and the stated aim — on the same demanding day. Redundancy is your advantage; the peak is where it shows.

FRICTION TARGET: STOPPING WHEN YOU MEAN TO — AN IF-THEN LINE FOR THE MOMENT YOU KNOW IS COMING — SOMETHING NEW

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.

“If-then plans are among the better-replicated behaviour-change tools in psychology (the Gollwitzer and Sheeran meta-analysis) — with a documented reversal: for harshly self-critical perfectionists more rules make things worse, and that is the signal to stop, not to plan harder.”

SKIP OR ADAPT IF THIS ISN'T FOR YOU — 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.

NOTES

**FRICITION TARGET: STOPPING WHEN YOU MEAN TO — DEVICE CURFEW
 PEGGED TO AN EXTERNAL EVENING CUE — SOMETHING NEW**

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.

“Evening device use and poorer sleep go together in a large correlational literature on young people (the Carter meta-analysis) — an association, not a cause, and we have not tested the external-cue curfew itself; we promise nothing about sleep, the cue simply ends the day's input at a moment that does not negotiate.”^[11]

SKIP OR ADAPT IF THIS ISN'T FOR YOU — 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.

**FRICITION TARGET: STOPPING WHEN YOU MEAN TO — CHANGE THE ROOM
 BEFORE YOU CHANGE YOUR MIND — SOMETHING NEW** T7

This week, rearrange the hardest hour — whatever cue owns your worst stretch of the day gets moved before the hour starts, not during it.

“A randomised trial that blocked mobile internet on the phone for two weeks improved attention and wellbeing (Castelo and colleagues) — that was an internet block, not a rearranged room. Moving one cue out of easy reach is our lighter version, and we have not tested it, so treat it as a trial on yourself, not as the tested thing.”^{[8][9]}

SKIP OR ADAPT IF THIS ISN'T FOR YOU — 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.

 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.

 **NOTES**

Week 5

AGAIN

Week five adds nothing. What is already in place comes round again, on separate days rather than stacked into one. This is the part that decides whether anything lasts — not the week something was new, but the weeks after, when it is no longer interesting.

YOUR ENERGIZER PATH

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

Week six holds the same practices, and then closes the loop: the same questions, answered fresh. Compare the answers rather than the memory of them. Memory rewrites itself towards whatever mood you happen to be in when you look back.

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 number you put down in week one.

Whatever the two numbers say, they are information about six weeks — 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.

 NOTES

CUT OUT & KEEP

Your six weeks on one page

Your six-week practice plan

Week 1 whatever you wrote on this week's line

Week 2 whatever you wrote on this week's line

Week 3 whatever you wrote on this week's line

Week 4 whatever you wrote on this week's line

Week 5 the same lines again — on separate days

Week 6 the same lines again — on separate days

If two weeks in a row leave you worse rather than steadier, put this down and talk to a person. Nothing here is a test.

Then — What maintenance means. Expect drift, plan for return. A missed week is not defeat; it is a week — the practices remain where you left them, and the card on the fridge still knows the way back.

 NOTES

CUT OUT & KEEP — FOR THE WALL

Your rules, on one page

Not a summary — a standard. Two things you do, and two ways your days are set up. Every rule below comes from the practice library behind this report, chosen for the spots your answers marked most clearly. “What I am” rules are standards you choose, not traits — they describe how your days are arranged, and they hold even on days when nothing else does.

WHAT I DO

Last thing at night: three things I actually noticed today. t1

When focus goes: forty seconds on something green, not on the phone. t3

WHAT I AM

The charger sleeps in another room; the loudest app is off my first screen. t7

The moments I know are coming have an if-then line before they arrive. Not one for me if a broken rule lands hard.

Sources, practice library: t1 Three things you noticed today (adapted) · t3 Forty-second green glance (studied) · t7 Change the room before you change your mind (adapted) · An if-then line for the moment you know is coming (studied). Rules marked with a t-number are studied practices detailed in this report; the rest are adapted from documented practice forms in the same library — form borrowed, no tested effect claimed.

 NOTES

THE RECEIPTS

Why you can trust this

Works cited in your practices

Each numbered work below is the one the [n] marks beside the lines in your practices and plan refer to.

- [1] Seligman M.E.P., Steen T.A., Park N., Peterson C. (2005). Positive Psychology Progress: Empirical Validation of Interventions. *American Psychologist*
Grounds: Three things you noticed today (t1)
doi:10.1037/0003-066x.60.5.410
- [2] Lee M.-S., Lee J., Park B.-J., Miyazaki Y. (2015). Interaction with indoor plants may reduce psychological and physiological stress by suppressing autonomic nervous system activity in young adults: a randomized crossover study. *Journal of Physiological Anthropology*
Grounds: Tend one plant within reach (t2)
doi:10.1186/s40101-015-0060-8
- [3] Lee K.E., Williams K.J.H., Sargent L.D., Williams N.S.G., Johnson K.A. (2015). 40-second green roof views sustain attention: The role of micro-breaks in attention restoration. *Journal of Environmental Psychology*
Grounds: Forty-second green glance (t3)
doi:10.1016/j.jenvp.2015.04.003
- [4] Hanley A. W., Warner A. R., Dehili V. M., Canto A. I., Garland E. L. (2015). Washing Dishes to Wash the Dishes: Brief Instruction in an Informal Mindfulness Practice. *Mindfulness*
Grounds: Do one ordinary thing at its own speed (t4)
doi:10.1007/s12671-014-0360-9
- [5] Masicampo, E. J., Baumeister, R. F. (2011). Consider it done! Plan making can eliminate the cognitive effects of unfulfilled goals. *Journal of Personality and Social Psychology*
Grounds: A closing ritual (t5)
doi:10.1037/a0024192
- [6] Sonnentag, S., Fritz, C. (2015). Recovery from job stress: The stressor-detachment model as an integrative framework. *Journal of Organizational Behavior*
Grounds: A closing ritual (t5)
doi:10.1002/job.1924
- [7] Baird B., Smallwood J., Mrazek M. D., Kam J. W. Y., Franklin M. S., Schooler J. W. (2012). Inspired by Distraction: Mind Wandering Facilitates Creative Incubation. *Psychological Science*
Grounds: One phone-free transit leg per day (t6)
doi:10.1177/0956797612446024
- [8] Castelo, N., Kushlev, K., Ward, A. F., Esterman, M., Reiner, P. B. (2025). Blocking mobile internet on smartphones improves sustained attention, mental health, and subjective well-being. *PNAS Nexus*
Grounds: Change the room before you change your mind (t7)
doi:10.1093/pnasnexus/pgaf017

 NOTES

- [9] Mertens, S., Herberz, M., Hahnel, U. J. J., Brosch, T. (2022). The effectiveness of nudging: A meta-analysis of choice architecture interventions across behavioral domains. *Proceedings of the National Academy of Sciences (PNAS)*
Grounds: Change the room before you change your mind (t7)
doi:10.1073/pnas.2107346118
- [10] Exelmans, L., Van den Bulck, J. (2016). Bedtime mobile phone use and sleep in adults. *Social Science & Medicine*
doi:10.1016/j.socscimed.2015.11.037
- [11] Carter, B., Rees, P., Hale, L., Bhattacharjee, D., Paradkar, M. S. (2016). Association Between Portable Screen-Based Media Device Access or Use and Sleep Outcomes: A Systematic Review and Meta-analysis. *JAMA Pediatrics*
doi:10.1001/jamapediatrics.2016.2341
- [12] Kroese, F. M., De Ridder, D. T. D., Evers, C., Adriaanse, M. A. (2014). Bedtime procrastination: introducing a new area of procrastination. *Frontiers in Psychology*
doi:10.3389/fpsyg.2014.00611
- [13] Kroese, F. M., Evers, C., Adriaanse, M. A., de Ridder, D. T. D. (2016). Bedtime procrastination: A self-regulation perspective on sleep insufficiency in the general population. *Journal of Health Psychology*
doi:10.1177/1359105314540014
- [14] Robinson, E., Aveyard, P., Daley, A., Jolly, K., Lewis, A., Lycett, D., Higgs, S. (2013). Eating attentively: a systematic review and meta-analysis of the effect of food intake memory and awareness on eating. *The American Journal of Clinical Nutrition*
doi:10.3945/ajcn.112.045245
- [15] Barber, L. K., Santuzzi, A. M. (2015). Please respond ASAP: Workplace telepressure and employee recovery. *Journal of Occupational Health Psychology*
doi:10.1037/a0038278
- [16] Wendsche, J., Lohmann-Haislah, A. (2017). A Meta-Analysis on Antecedents and Outcomes of Detachment from Work. *Frontiers in Psychology*
doi:10.3389/fpsyg.2016.02072
- [17] Palmer, C. A., Alfano, C. A. (2017). Sleep and emotion regulation: An organizing, integrative review. *Sleep Medicine Reviews*
doi:10.1016/j.smrv.2015.12.006
- [18] Barnes, C. M. (2012). Working in our sleep: Sleep and self-regulation in organizations. *Organizational Psychology Review*
doi:10.1177/2041386612450181
- [19] Isabel Schöllhorn, Oliver Stefani, et al. (2023). Melanopic irradiance defines the impact of evening display light on sleep latency, melatonin and alertness. *Communications Biology*
doi:10.1038/s42003-023-04598-4
- [20] Sabine Sonnentag, Charlotte Fritz (2007). The Recovery Experience Questionnaire: Development and validation of a measure for assessing recuperation and unwinding from work. *Journal of Occupational Health Psychology*
doi:10.1037/1076-8998.12.3.204

 NOTES

- [21] Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social comparison, social media, and self-esteem. *Psychology of Popular Media Culture*
doi:10.1037/ppm0000047
- [22] McComb, C. A., Vanman, E. J., & Tobin, S. J. (2023). A Meta-Analysis of the Effects of Social Media Exposure to Upward Comparison Targets on Self-Evaluations and Emotions. *Media Psychology*
doi:10.1080/15213269.2023.2180647
- [23] Verduyn, P., Gugushvili, N., Massar, K., Täht, K., & Kross, E. (2020). Social comparison on social networking sites. *Current Opinion in Psychology*
doi:10.1016/j.copsyc.2020.04.002
- [24] Purohit, A. K., Bergram, K., Barclay, L., Bezençon, V., Holzer, A. (2023). Starving the Newsfeed for Social Media Detox: Effects of Strict and Self-regulated Facebook Newsfeed Diets. *Proceedings of the 2023 CHI Conference on Human Factors in Computing Systems (CHI '23)*, Hamburg
doi:10.1145/3544548.3581187
- [25] Gollwitzer, P. M., Sheeran, P. (2006). Implementation intentions and goal achievement: A meta-analysis of effects and processes. *Advances in Experimental Social Psychology*
doi:10.1016/S0065-2601(06)38002-1

Where your practices come from

The practices in this plan come in two classes. The studied practices marked t1–t7 below are drawn from our reviewed practice library, each resting on the published work it names. The smaller practices carrying no mark — one for each channel that refills you — are a different class: small experiments grounded in the mechanism named beside each one, offered because the mechanism is established, not as practices with their own trials behind them.

t1 ADAPTED

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.

t2 ADAPTED

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.

t3 STUDIED

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.

 NOTES

t4 STUDIED

Do one ordinary thing at its own speed

Pick one routine act you do daily — washing up, making coffee — and do only that for its duration, hands and eyes on it, phone elsewhere. When it is done, it is done.

t5 STUDIED

A closing ritual

In the last fifteen minutes of work, move every open thing onto a written list or into a slot in the diary. Say one fixed closing phrase out loud. Then do not check work again until morning.

t6 STUDIED

One phone-free transit leg per day

Pick one recurring commute/transit leg and stow the device for its whole duration. Transit is naturally bounded — the vehicle arrives, the walk ends — so the input-free interval closes itself.

t7 ADAPTED

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.

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.

HDI.Vision — Weeks of change — ir-9 — 2026-09-24

NOTES