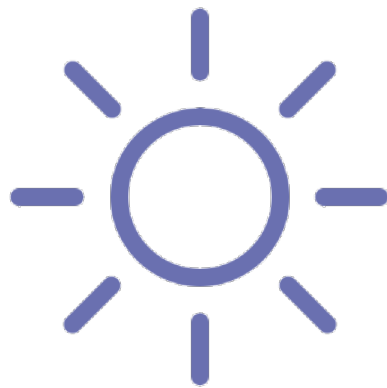


# 5 STEPS

you can take to be less

# DISTRACTED



in the morning

# STEP 1

Enable “DOWN TIME” on your mobile device(s)

If you haven't done this already, enable “Sleep Mode”, “Down Time” and other additional features on your devices so that you won't get notifications during your night and early morning hours. A step-by-step plan how to enable it for Apple & Android is found on the next page.

Turn your phone off 30-60 minutes before sleeping

# STEP 2

This step is a no-brainer, but try putting your phone on flight mode or turn it off 30-60 minutes **before** you go to sleep. That helps you to calm down and not waste your time in the evenings. Try to schedule a time when you want to be in bed, and then cut off all social media an hour before.

# STEP 3

Use a physical copy of your Bible + devo books

It seems very convenient to use your phone for devotions. But that digital blessing also brings many temptations to us. Take a “real” Bible! And when you want to look something up or read something online, just make sure you don't get any notifications while reading it!

Put your phone in another room while you're reading

## STEP 4

When you have your books in front of you, put your phone in another room while you're reading your Bible. Go to a quiet place, close the door and if you have roommates or family members coming in and out, let them know you won't be available for the next 30 minutes or so.

## STEP 5

Don't pick up your phone before 8 AM and reward yourself daily at that time

This is probably the most important step. Try to structure your morning hours and set a real time (for example 8 AM) when you're done doing your devotions. Now you have a new rule: DON'T DO SOCIAL MEDIA BEFORE THAT TIME. Reward yourself with a big, healthy lunch later or something else you enjoy each day — a reward for successfully avoiding distractions and staying focussed!

MORE DETAILS:

### **How to Set Up “Downtime” on Your Phone**

on Apple devices: <https://bit.ly/3izByDw>

on Android devices: <https://bit.ly/3qFCngY>

Don't forget to use the “hours” feature to schedule specific times each day! I've enabled downtime on my phone daily from 7:30PM - 8:30AM. No distractions during these hours — and I love it!

## **How to Break the Habit of Looking at Your Phone**

Studies have shown that phone addictions are not driven by notifications. In other words: These distracting notifications are not the (main) reason why you spend time on social media! So you might as well remove them because you'll be on there anyway. If you haven't already, completely disable all social media notifications (except text messages / phone calls). I never receive any notifications or alerts from Instagram, Facebook or similar apps and I still keep up with what my friends are doing online. Here's an article about the study: <https://bbc.in/361Zc6L>

I've done lots of research and personal experiments the last few years, and I can say that forming new habits in the evening and morning and therefore having a structure that gives you a new foundation for your devotions is the best way to solve this problem long-term. Stay tuned, I'll soon write you an email about it!

blessings,

Vince