

Dock Your Phone Exercise

Our smart phones can be very helpful, and yet for many of us, they can be a significant source of distraction. Many of us check our phones in the car, at lunch, around the dinner table, and even while watching movies.

Notifications, alerts, texts, and social media demand our attention leaving us torn between our phones and those we love.

This exercise is designed to help you get back the time and attention lost to your smart phone.

Entry Level:

When you get home from work or other daily commitments, dock your smart phone. Leave it in your bedroom, office, or somewhere in your home where you won't hear alerts or notifications. If need be, set times to check it and then leave it again for the remainder of the evening.

Reach Level:

Try doing this 3-5 times a week as a regular rhythm. Compare the days you do it to the days you don't.

Write down your reflections:
