

AFTER-SCROLL CHECK

The gap between how you feel before and after scrolling is the real cost. Start measuring it and you will stop lying to yourself.

BEFORE YOU STARTED

Think back to the moment just before you opened the feed.

How I felt before I started scrolling:

What I was hoping to get from it:

How long I intended to scroll for:

AFTER YOU STOPPED

Compare it honestly to where you actually ended up.

How I felt after I stopped scrolling:

What scrolling actually gave me:

Whether it was worth the time and energy:

THE GAP

The gap between before and after is the cost of the habit.

The cost of this scroll session:

What I will do differently next time the urge hits:

Growth lives on the other side of action.