



BEDROOM PHONE EXIT CHECKLIST

Your bedroom is for rest, not scrolling. Use this to build the habit of keeping your phone out — every single night.

MY RULE

Set your rule once. Stick to it every night without negotiating.

My phone charges in:

My phone-free cutoff time:

Why this matters to me:

NIGHTLY EXIT CHECKLIST

Tick each one before you close your eyes.

- Phone plugged in outside the bedroom
- Do Not Disturb mode switched on
- Alarm set on a separate device or across the room
- Final check done — phone is gone
- Replacement habit ready (book, journal, breathing)
- Room set up for sleep (dark, cool, quiet)

MY REPLACEMENT HABITS

Instead of the phone, I will:

What I notice about my sleep and mornings:

Growth lives on the other side of action.