



BETTER REPLACEMENT LIST

Having a list ready before the urge hits is the difference between using it and not. Build your list now.

MY REPLACEMENTS

These need to be real, immediate, and easy enough to actually use when the urge hits.

Three things I can do instead of scrolling when the urge hits:

MY BEST BET

Pick one. The one you will actually use. Commit to it.

Which replacement I am most likely to actually use and why:

The trigger I will use to remind myself to do it:

Growth lives on the other side of action.