

Take Command of Your Cell Phone Cheat Sheet



Did you know:

Steve Jobs would not allow his children to use the iPad?

He knew the addictive qualities of the technology he was building, and took precautions. Why haven't you?



4 HOURS

average # of hours spent on our cell phone screens per day (this does NOT include phone calls or listening to music/podcasts... but simply staring down.



70%

of work emails are opened within 6 seconds of receiving them.



110

some studies show we check our cell phone 110 times a day (5-6 times every waking hour!)

THE QUIZ: HOW ADDICTED ARE YOU?

Y | N Yes or No to the following:

1. Is your phone your alarm clock?
2. Do you check your phone within the first 15 minutes of waking up?
3. Do you check your phone within the last 15 minutes before going to sleep?
4. Do you have your phone on you during leisure activities (reading, watching television, etc)
5. Do you have your phone on you while you are physically active (exercising, hiking, walking, etc)?
6. When 10 seconds passes and you have nothing to do, is your first impulse to check your phone?
7. Ever felt "phantom phone vibration/notification"?
8. Have you ever texted while behind the wheel of a car (including while at a stop)?
9. When you wake up in the middle of the night, have you checked your phone?
10. Do you get distracted and/or anxious when you receive a phone notification and you are not in a position to immediately check it?

If you said yes to...

- 0-2: You're in command.
- 3-5: You're in good shape, but keep an eye on slippery behavior.
- 6-7: You're losing time, energy and focus to the whims of your phone.
- 8-10: You're addicted! Take action now.



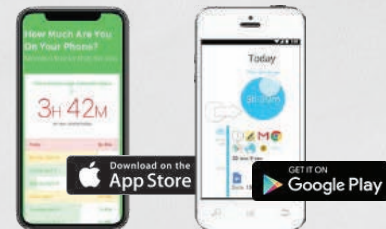
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5 STEPS TO TAKE COMMAND OF YOUR CELL PHONE

1 Download The Moment App for iPhone (or Quality Time for Android)

- » For the first week don't change your behavior, rather establish a baseline of your present-day habits
- » Set a goal to reduce the amount of time spent on your screen and use the app's accountability program to send reminders



2 Turn Off Notifications

- » Turn off all non-essential notifications
- » You may consider leaving texts, emails, phone calls, voicemails and The Moment app notifications



3 Temporary No Phone Zones

- » Take a 7, 10 or 30 day hiatus from bringing your technology into your bed or on the couch (where you drain HOURS of time)



4 Replace Your Cell Phone as Your Alarm Clock

- » Alternative #1: [Amazon Echo](#) (\$50)
- » Alternative #2: [Philips Sunrise](#) (\$46)

5 Buy Irresistible: The Rise of

- » Addictive Technology and the Business of Keeping Us Hooked, by Adam Alter

