

October: A Little Help with Your Phone

Summary:

A recent study revealed that 40% of Americans are trying to cut back on their phone time and 27% of those people don't think they can do it. Well, let's improve your chances with this activity.

Let's get to work.

3 Quotes, Ideas, Facts (Learn)

As of 2024, the average person spends 4.37 hours on their phone per day. That adds up to about 1 day per week and 70 days per year! (Survey conducted by Harmony Healthcare IT)

[Phone Screen Time Addiction- New Survey Data & Statistics \(harmonyhit.com\)](https://www.harmonyhit.com/blog/phone-screen-time-addiction-new-survey-data-statistics)

The top 5 reasons people use their phone:

1. Entertainment
2. Boredom
3. Distraction
4. Habit
5. Connection

Just like with anything in your life, your phone should be used to:

1. Make you better
2. Bring you peace
3. Bring you joy

2 Questions for Reflection (Think)

Check your daily phone usage (this feature is normally in the settings of your phone). How do you feel about the time you spend on your phone?

What is one thing you do on your phone that feels like a waste of time?

1 Activity or Challenge (Grow)

This activity is a Self-Discovery Activity and designed to help you understand how you currently use your phone.

First: Set this intention for a week: "I will be mindful when I use my phone, using my notebook to help me learn about myself".

Second: Try not to change anything about your normal phone habits and reflect (Steps 3 and 4) for 1 week.

Third: Each time you do something on your phone, jot down a quick reflection:

1. What task did you intend to accomplish?
2. How long were you on your phone?
3. Did you get distracted by something else?

Fourth: This applies to any non-productive task (ie. Videos, social media, gaming).

1. How did you feel after you got off your phone?
2. What kind of thoughts and feelings did you experience while on your phone during these times?