

# The Phone Bad Plan

A printable worksheet for making your phone less exciting so your actual life has a fighting chance.



## How this works

This is a 30-minute reset. You make your phone radically less fun while keeping the useful parts available. The point is not to become unreachable. The point is to stop carrying your best distractions around in your pocket.



## Materials

- Your phone
- A pen
- A laptop, computer, or secondary device



## Make a List

- Open your screen time data and look at last week.
- Write down every app you used for entertainment or distraction.
- Leave off tools that are only for actual life stuff: messages, phone, maps, calendar, camera, banking, school, work, and similar basics.
- Include social apps, video apps, games, and anything useful-but-still-hooking you.



## My Problem Apps

Write each problem app on the left. Use the two checkboxes after Steps 2 and 3.

APP	ACCESS CHECKED ELSEWHERE	DELETED FROM PHONE
1 _____	<input type="checkbox"/>	<input type="checkbox"/>
2 _____	<input type="checkbox"/>	<input type="checkbox"/>
3 _____	<input type="checkbox"/>	<input type="checkbox"/>
4 _____	<input type="checkbox"/>	<input type="checkbox"/>
5 _____	<input type="checkbox"/>	<input type="checkbox"/>
6 _____	<input type="checkbox"/>	<input type="checkbox"/>
7 _____	<input type="checkbox"/>	<input type="checkbox"/>
8 _____	<input type="checkbox"/>	<input type="checkbox"/>
9 _____	<input type="checkbox"/>	<input type="checkbox"/>
10 _____	<input type="checkbox"/>	<input type="checkbox"/>
11 _____	<input type="checkbox"/>	<input type="checkbox"/>
12 _____	<input type="checkbox"/>	<input type="checkbox"/>

APP	ACCESS CHECKED ELSEWHERE	DELETED FROM PHONE
13 _____	<input type="checkbox"/>	<input type="checkbox"/>
14 _____	<input type="checkbox"/>	<input type="checkbox"/>
15 _____	<input type="checkbox"/>	<input type="checkbox"/>
16 _____	<input type="checkbox"/>	<input type="checkbox"/>
17 _____	<input type="checkbox"/>	<input type="checkbox"/>
18 _____	<input type="checkbox"/>	<input type="checkbox"/>
19 _____	<input type="checkbox"/>	<input type="checkbox"/>
20 _____	<input type="checkbox"/>	<input type="checkbox"/>
21 _____	<input type="checkbox"/>	<input type="checkbox"/>
22 _____	<input type="checkbox"/>	<input type="checkbox"/>
23 _____	<input type="checkbox"/>	<input type="checkbox"/>
24 _____	<input type="checkbox"/>	<input type="checkbox"/>



## STEP 2 Ensure Access Somewhere Else

- Grab your laptop, computer, or secondary device.
- For each problem app, make sure you can log in somewhere other than your phone.
- Update your password keeper as you go.



## STEP 3 Remove Problem Apps From Your Phone

- Delete the problem apps from your phone, checking them off your list as you go.
- Do not move them to a folder. Do not hide them. Get them gone.
- You can still use them on the second device when you actually choose to.



## STEP 4 Touch Up Your Home Screen

- Put important continued uses front and center: communication, tools, calendar, camera, maps, notes, banking, healthcare, school, work, music, podcasts, and audiobooks.
- Make the home screen clean and boring. Your phone is now a tool, not a slot machine.



## STEP 5 Add a Good Replacement App or Two

- Pick something you can check that does not pull you into an endless feed.
- Good starting points: newsletters, a boring news app, an e-reader, a daily spiritual reader, or a low-intensity social platform.
- If the replacement starts hooking you, it joins the problem app list.



## Replacement Ideas

1. Newsletter inbox
2. Simple news app
3. E-reader
4. Daily spiritual reader
5. Podcasts or audiobooks
6. One boring social platform



## STEP 6 Grayscale Your Phone

- On iPhone, search Color Filters or go to Settings > Accessibility > Display & Text Size > Color Filters.
- Turn Color Filters on, choose Grayscale, and turn intensity all the way up.
- Less color means less pull.



## STEP 7 Start Figuring Out Life Good

- Phone Bad is step zero. Now notice what boredom, stress, and empty time ask for.
- Write down a few real-life replacements: people to call, places to go, rooms to clean, books to read, crafts to try, prayers to pray, walks to take.
- It may be bumpy. It is still worth it.



## Life Good Goals

### WHAT I WANT BACK

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### WHAT I WILL DO INSTEAD

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Heads up: Phone Bad Life Good is not medical advice and it is not therapy. If your phone use is tangled up with sleep, mood, school, work, or relationships in ways a 30-minute plan cannot touch, talk to someone you trust or a mental health professional.

