START HERE

Quick Start

The shortest path to a first result. Fifteen minutes, start to finish.

Read this before anything else

Fifteen minutes from now

You do not need to read everything first. Do these four things in order and you will have a real result before you open the full guide.

1. Download the free guide to getting started with The Screen Time Rules
2. Complete the 5-minute screen time audit
3. Set up your tracking spreadsheet
4. Create a screen time budget and schedule

> If you only ever do the four steps above, this was worth buying. Everything else in the kit makes the result better, not possible.

What is in the rest of the kit

- **Understanding the State of Distraction** — Your phone vibrates during a meeting, and before you realize it, you've lost the thread of the conversation. You open your laptop to write a report...
- **Identifying Your Screen Time Triggers** — Screen time triggers are the specific cues and patterns that prompt you to reach for your phone, tablet, or computer - often without conscious...
- **Creating a Screen Time Budget** — Screen time budgets are concrete, actionable documents: physical worksheets, spreadsheets, or printed cards that break down your digital activities...
- **Implementing a Screen Time Schedule** — Printed daily schedules on your fridge, color-coded calendar entries, and app-based time limits are the backbone of a successful screen time...
- **Tracking Progress and Adjusting Habits** — Screen time tracking gives you real, actionable data about your habits - not just guesses or hopes. Most people underestimate their usage by hours, so...
- **Avoiding Common Screen Time Traps** — Social media feeds, endless news updates, and constant notifications can easily lure you into unplanned, unproductive screen time. These screen time...
- **Building a Support Network** — Support for your screen time rules works best when it is practical, specific, and easy for others to give. You need at least one person who will...

- **Overcoming Screen Time Cravings** — Screen time cravings appear as powerful, nearly reflexive urges: you might find yourself unlocking your phone while waiting in a doctor's office...
- **Celebrating Small Wins** — You close Instagram after five minutes instead of thirty. You finish dinner without checking your phone. These are victories, and most people ignore...
- **Addressing Common Obstacles** — You encounter an obstacle - you miss your screen time budget three days in a row, or you find yourself scrolling at 11 PM despite your 9 PM cutoff...
- **Maintaining Momentum** — You've already made meaningful changes to your screen time habits: you've tracked your usage, set boundaries, and started building new routines. Now...
- **Reviewing and Refining Progress** — A weekly review session transforms your tracking data into a personalized instruction manual for what actually works in your life. You gather your...
- **Embracing a Growth Mindset** — Sticky notes on your mirror. A journal page filled with crossed-out attempts. These are signs of someone practicing a growth mindset. In this module...
- **Building Resilience** — Screen time setbacks, emotional dips, and motivation slumps are a normal part of changing digital habits. Building resilience means you respond to...
- **Creating a Maintenance Plan** — A maintenance plan is your written system for protecting screen time habits after the first weeks of change. It names your triggers, assigns specific...
- **Sustaining Progress and Achieving Goals** — Day fifteen is where most screen-time attempts quietly end, and not because the rules stopped working. They end because the rules stop being visible...

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