

LEVEL ONE

WHERE THE TIME GOES

WHAT YOU THINK YOU KNOW

Most people believe they have a reasonable sense of how much time they spend on their phone.

They do not.

Research consistently shows adults spend **4 or more hours** per day on their phones – and most underestimate this by a wide margin.

Digital time rarely feels long.

It appears in fragments.

Between tasks.

During pauses.

At the beginning and end of the day.

Before changing any habit, you must see it clearly.

DOCUMENT THE DAY

For one full day, do not change how you use your phone.

Your task is **observe**.

Notice when you reach for your phone without a specific intention.

At the end of the day, estimate how much time was spent in each category.

1. Social media platforms _____

(Instagram, Facebook, TikTok, X, etc.)

2. Web browsing or reading content _____

(news, articles, videos, browsing outside social apps)

3. Phone use before getting out of bed _____

4. Phone use before going to sleep _____

No corrections. No screen time data yet.

Just observation.

