

LEVEL TWO

INTENTIONAL USE DAY

WHY THIS MATTERS

Most people believe they choose when they use their phone.

Research suggests otherwise.

Studies show the average person checks their phone **90 or more times per day**, often without a conscious reason. That means many people get less than **10–15 minutes** at a time without interacting with their device during waking hours.

This pattern is **not driven by need**. It is driven by habit.

Phones have become the default response to boredom, discomfort, and unstructured time. When that default goes unchallenged, time is spent **without being chosen**.

Level Two introduces a deliberate interruption.

THE RULE

For one full day, use your phone only with a clear purpose.

Before unlocking your phone, pause and ask:

“What am I opening this for?”

If you cannot name the reason, do not unlock it.

- Responding to a message
- Navigating somewhere
- Checking a specific piece of information
- Completing a task you already decided to do

Scrolling without a goal does not count as a purpose.

This is not about discipline.

It is about awareness under real conditions.