

HOW TO MAINTAIN THE GAINS

Before you move on, stop and answer this:

How did these changes improve your day?

Be specific.

- Did you feel calmer?
- Did you sleep better?
- Did you argue less?
- Did you finish work faster?
- Did your evening feel longer?

Write it down.

Clarity protects momentum.

Now ask a second question:

*What is the minimal version of this change
I am confident I can keep?*

- Not the ideal version.
- Not the perfect streak.
- The version that survives busy weeks.
- A 30-minute phone boundary instead of two hours.
- One nonessential notification permanently silenced.
- One device-free dinner per week.
- One protected wind-down routine.

If it's too big, it won't last.

If it's small and clear, it becomes identity.

The goal isn't intensity.

It's permanence.

You do not need to eliminate your phone.

But if you never step away from it, your brain never resets.

That reset is the point.