

RECLAIM YOUR TIME TODAY

This sheet helps you identify and reclaim lost time.

- 1 Check your screen time report tonight.
- 2 Find the app with the highest usage.
- 3 Plan to redirect that hour to a meaningful task tomorrow.
- 4 Repeat this process daily for consistent progress.
- 5 Reflect weekly on the changes in your time use.

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

11

MON

1

TUE

WED

11

THU

1

FRI

--	--

SAT

9

SUN

What I noticed this week:

Your time is yours to reclaim — start with one hour.