

The 30-Day Unscroll

From *Unscrolled* by Remy Hale. One small move a day. Tiny is the point: a move you'll actually do beats a heroic plan you'll abandon by Friday. Miss a day? Do the next one — no starting over, no failure. Check the box. Aim for *most*, not perfect.

WEEK 1 See It

- ☐ **Day 1** – Phone out of the bedroom (stays out all month)
- ☐ **Day 2** – Catch the reach — choosing it, or is it choosing you?
- ☐ **Day 3** – Ten minutes, one task, phone in another room
- ☐ **Day 4** – Feed audit: mute 3 accounts that make you feel worse
- ☐ **Day 5** – Kill every non-human notification (stays off)
- ☐ **Day 6** – Go grayscale (stays gray all challenge)
- ☐ **Day 7** – Check-in: write one sentence on what's different

WEEK 2 Take the Controls

- ☐ **Day 8** – Boring home screen — tools up front, feeds buried
- ☐ **Day 9** – Focus ladder rung one: 15 minutes single-tasking
- ☐ **Day 10** – Feed audit round two: cut or mute 3 more
- ☐ **Day 11** – Pick a nightly phone-down time — hit it tonight
- ☐ **Day 12** – Hold the line: same phone-down time again
- ☐ **Day 13** – Focus ladder rung two: 20 minutes
- ☐ **Day 14** – Check-in: what's easier than two weeks ago?

WEEK 3 Rebuild

- ☐ **Day 15** – A bored-on-purpose walk — no phone, no earbuds
- ☐ **Day 16** – Full wind-down: phone out, lights low, real sleep
- ☐ **Day 17** – Focus ladder rung three: 25 minutes
- ☐ **Day 18** – Waiting somewhere? Leave the phone in your pocket
- ☐ **Day 19** – Write your reward menu: 5 real-world good things
- ☐ **Day 20** – Order off the menu — do one item today
- ☐ **Day 21** – Check-in: what did you do with the found time?

WEEK 4 Build a Life

- ☐ **Day 22** – Text one real person one specific plan
- ☐ **Day 23** – Another item off the reward menu
- ☐ **Day 24** – Start making something small
- ☐ **Day 25** – Twenty focused minutes on the thing
- ☐ **Day 26** – Show up to the Day 22 plan, phone in pocket
- ☐ **Day 27** – Finish the thing and ship it — done beats perfect
- ☐ **Day 28** – The long walk (yes, still no earbuds)
- ☐ **Day 29** – Choose what stays for good (hint: the bedroom one)
- ☐ **Day 30** – The attention audit — repeat monthly, forever