

# My New Approach

BREATHE · NOURISH · MOVE

SCREEN REDUCTION

Enhancement Add-On · Reclaim Your Time

Less Screen.  
More Life.

## THE HONEST TRUTH

*Your phone is not the enemy. But **unconscious screen time** is quietly stealing the very time, attention, and mental space that My New Approach is trying to restore. A small, manageable reduction changes everything.*

## THE SIMPLE MATH

5hrs

AVERAGE DAILY SCREEN TIME PER PERSON

25%

A MANAGEABLE REDUCTION GOAL TO START

75min

RECLAIMED DAILY — MORE THAN ENOUGH FOR ALL THREE PILLARS

## HOW TO DO IT — FIVE SIMPLE STEPS

1

### Know Your Number

Check your phone's screen time report right now. iPhone: Settings → Screen Time. Android: Settings → Digital Wellbeing. Most people are genuinely surprised by what they see. That number is your baseline.

2

### Set a Reduction Goal — Not a Rule

We are not asking you to quit your phone. Pick a manageable percentage — 20%, 25%, or 30% — and treat it as a gentle target, not a punishment. Progress over perfection, always.

3

### Protect the Mornings and Evenings

The two highest-value changes: no screens for the first 30 minutes after waking — use that time for your morning breathwork instead. And no screens for 60 minutes before bed — your evening breathwork fills that space naturally.

## 4

### Replace — Don't Just Remove

Willpower alone doesn't work. Every time you would have picked up your phone, replace it with something from the program — a few minutes of breathwork, a short walk, a glass of water, a real meal. The pillars fill the gap.

## 5

### Check Weekly — Not Daily

Review your screen time once a week, not every day. The trend matters more than any single day. A gradual downward trend over 30 days is a complete success.

#### REPLACE SCREEN TIME WITH

→ Morning scroll-in-bed

15 min energizing breathwork

→ Lunchtime phone-browsing

A walk outside — even 10 minutes

→ Evening doom-scrolling

15 min calming breathwork before bed

→ TV while eating

A real meal eaten with presence

→ Phone on the walk

Fully outdoor — eyes up, ears open

→ Social media before sleep

A book, journal, or quiet reflection

#### WHAT YOU WILL NOTICE

• Sleep Quality

Less blue light means faster sleep onset and deeper rest

• Reduced Anxiety

Doom scrolling is a cortisol machine — stopping it is relief

• Mental Clarity

Fewer inputs means more space to think and feel clearly

• Presence

More connection with the people and world around you

• Reclaimed Time

Time for the three pillars that were always available — just hidden

• Better Decisions

Less comparison, less noise, more trust in your own instincts

**You are not missing anything on that screen** *that is more important than what is happening in your own life, body, and mind right now.*