Your Digital Room

Open your phone and look at what is easiest to reach. Change one thing in the room and see what happens on an ordinary day.

Where do I go first?

Note the time and what was happening just before you reached for it.

What am I getting there, and what am I giving up?

Rest, company, escape, distraction or something else.

One change I’ll make

Move, mute, remove or add something that makes the next action easier.

When I will test it and what I’ll look for

Notice what you do next when the same cue shows up.