The Coin Flip Rules Card

DATE

1. Only after a detox, and only for things that aren't addictive for you. Never coin flip the thing you drew a line on.

2. Make two lists. High-intensity: scrolling for a few minutes, a quick game, YouTube, anything stacked with music or a podcast. Low-intensity: a silent walk, journaling, a warm bath, a book, building a Lego set.

3. When you want something from the high list, flip a real coin. Heads: go ahead. Tails: pick something from the low list, or do the thing without the stack.

4. No re-flips. If tails makes you angry, notice that. It's information.

5. Check in later. Did you feel different afterward? Better, same, or worse?