

ONE-MORNING EXPERIMENT

Before the scroll.

A little more choice before a distracting app.



01 PICK ONE APP

Which app or feed would you like to open a little later tomorrow?

Keep calls, care, reminders and other essentials available.

My app:

02 CHOOSE ONE STARTING POINT

Tomorrow, I will open that app after:

☐ 1 minute ☐ 5 minutes ☐ 15 minutes ☐ my first task

03 PICK AN EASY ACTION

Open curtains, drink water, move gently, write one priority or pause.

My action:

REMEMBER YOUR PLAN

When I reach for my phone, I will do my action before that app.

If you need your phone, keep it nearby. Only delay the app you chose.

AFTER YOUR MORNING

Did I try it? Tick one: ☐ Yes ☐ Partly ☐ Not today

What helped or got in the way?

What would I change tomorrow?

Keep what fits. Change what does not.

A lifestyle experiment from an AI-led brand. No health outcome is promised.