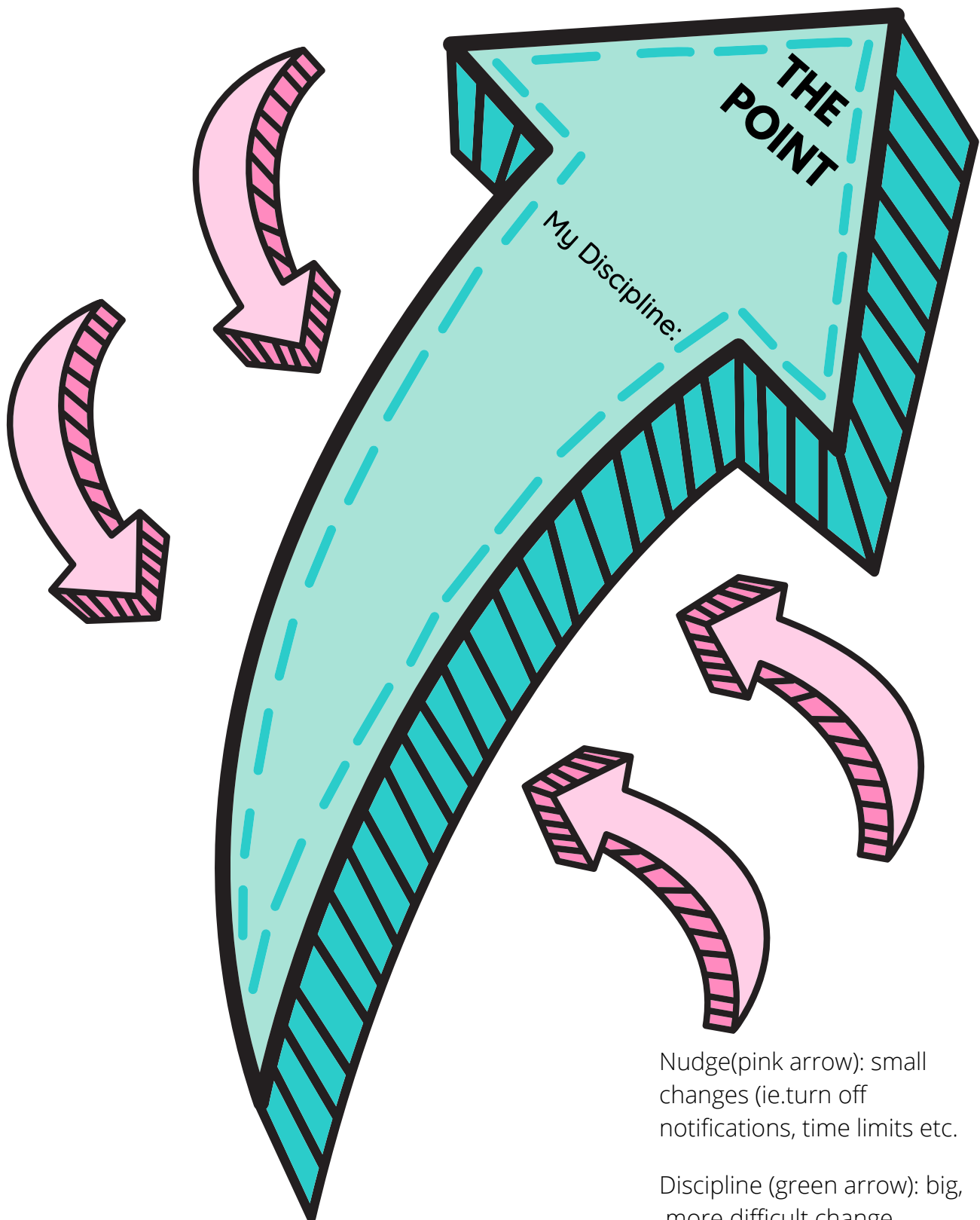


My Phone Plan



Nudge (pink arrow): small changes (ie. turn off notifications, time limits etc.)

Discipline (green arrow): big, more difficult change (ie. time away from phone/social media)

