

Do you long for Freedom, Focus, Creativity and Love?

If the answer is yes, please continue reading.

You may not be aware of it, or choose to admit it, but you could be addicted to your Smart Phone.



Here's a check list of things you can ask yourself.

Do you constantly check your phone for notifications?

Do you use social media or other apps that keep you scrolling?

Do you do more than one job at a time? e.g. talking while texting? or in bed while scrolling?

If you do these sorts of things, or most of them, then I'm afraid You are Addicted to your Smart Phone. The Smart Phone is a highly addictive drug just like cigarettes and alcohol, It will cause you stress, anxiety and the feelings of depression if you let it.

Not to worry, I have the Tried and Tested solution for you :)

A ONE WEEK plan to break away from your Smart Phone:

1

Firstly, we need to admit to our selves we have a problem

2

Turn off all apps that cause you to check for notifications

Whats App, Social Media and emails
Or switch over to this old phone! →



3

Good Apps: Maps, Friends, Music, Movies, Calender, Clock & Camera!

4

No more messaging your friends.
Phone calls only!

5

Turn the phone off at 19.00 and get a good nights sleep with no Blue Light!

MY CONCLUSION

Your phone lives in your pocket, it's full of your best friends. If you tell all your friends you wont be respond messaging anymore, they may think you're a little crazy, but trust me it's great to talk with people on the phone, it's what the phone was invented for.

This is all about making real HUMAN CONTACT and reconnecting with people you love. Just like we did back before the smart phone was ever invented.

Switching OFF, Turns YOU on!

Good luck, Matt Jones - matt@lunartik.com

If you found this paper useful, photocopy it and give it to your best friends and loved ones.