



Remember it's an intentional and purposeful digital free allocation exercise. Sleep time is not a measured allocated digital free time as no intention is needed. When are your digital times during the day that you reach for your fix outside of essential business digital duties, or necessary digital duties: First thing at morning, bathroom time, just before bed, at meal times do you have the phone at hand while eating? Do you leave the phone in a convenient place so you can always grab a fix?

Note these times of day and the locations you place your devices for the ease to your over and above needed digital fixes in your chat below, and start to remove them intentionally, this will allow room for the organic you and your brilliance of thinking. You have to make room for natural thinking :)

Morning

Afternoon

Evening /Early A.M.

4am	12pm	8pm
5am	1pm	9pm
6am	2pm	10pm
7am	3pm	11pm
8am	4pm	12am
9am	5pm	1am
10am	6pm	2am
11am	7pm	3am