

DIGITAL BOUNDARIES

A 7-day reset and a daily framework for men who refuse to be owned by their phones.

Your phone is not neutral. It was designed by very smart people to extract attention. The boundaries below are not legalism — they are stewardship. Reset for 7 days. Then install the daily framework. You will get hours back, sleep better, and have a face your family recognizes.

D1 AUDIT

Screen Time → check the actual numbers. Hours/day, top 3 apps, pickup count. Write them down. The lie ends here.

D2 DELETE

Uninstall social media, news, and any app you spent >30 min/day on yesterday. Web version only from now on, if at all.

D3 GRAYSCALE

Settings → Accessibility → Color Filters → Grayscale. Removes the dopamine bait. Most men leave grayscale on after the reset.

D4 NOTIFICATIONS

Turn OFF every notification except calls and texts from family + critical work apps. The default is OFF, not ON.

D5 BEDROOM

Phone out of the bedroom. Buy a \$15 alarm clock today. Charging station in the kitchen. Non-negotiable from now on.

D6 BIBLE FIRST

No phone before Scripture in the morning. Open the Bible before the brightness of any screen. The first input shapes the day.

D7 REINSTALL

Reinstall only the apps that pass the test: Does this serve me, or do I serve it? Most do not make the cut.

YOUR DAILY DIGITAL FRAMEWORK

Install once. Renegotiate quarterly. Hold the line in between.

5:00am - 7:00am

NO PHONE

Scripture, prayer, exercise, coffee with your wife. Phone stays in the kitchen.

7:00am - 5:00pm

WORK ONLY

Email and work apps for execution. Personal social media is OFF. Phone face-down during meetings and meals.

5:00pm - 8:00pm

FAMILY

Phone in a basket by the door. Eyes on the people in front of you. Crisis-only exception.

8:00pm - 9:30pm

READING

Book. Physical. Not Kindle. Phone charging in the kitchen.

9:30pm - 5:00am

OFF

Phone stays in the kitchen overnight. Alarm clock by the bed. Sleep wins.

THE HARD BOUNDARIES

- Phone never in the bedroom. Charging in the kitchen, no exceptions.
- Phone never at the dinner table. Yours or anyone else's.
- No phone before Scripture in the morning. First input wins.
- No social media open at the same time as a real conversation.
- No phone in the bathroom. The data on attention residue is real.