

Put the phone down

I start the day before the world starts it for me.

RELEASE

What is the first thing you reach for in the morning, and what does it cost you?

REFRAME

If the first ten minutes belonged only to you, what would you do with them?

REDIRECT

☐ Tonight, charge your phone outside the bedroom.

TODAY'S AFFIRMATION

My morning is mine. I decide what enters it.

Why this works

The first input of the day sets the tone of the next hour. Owning it is the smallest change with the biggest return.



Today's audio

Scan the code or open
penbeforephone.com/day-01