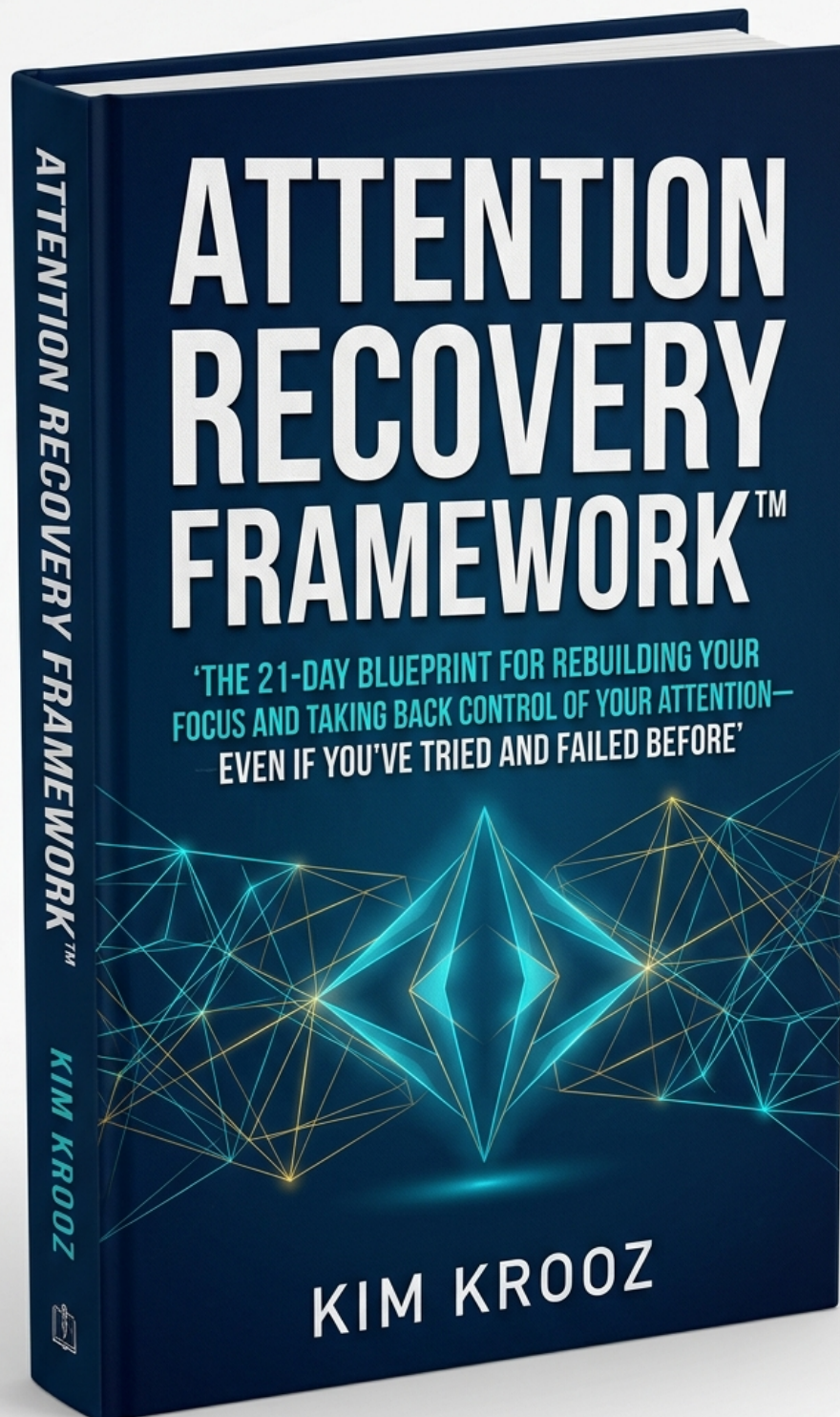




ATTENTION RECOVERY FRAMEWORK™

'THE 21-DAY BLUEPRINT FOR REBUILDING YOUR
FOCUS AND TAKING BACK CONTROL OF YOUR ATTENTION—
EVEN IF YOU'VE TRIED AND FAILED BEFORE'

ATTENTION RECOVERY FRAMEWORK™

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INTRODUCTION

Before We Begin: Why This Guide Could Change the Next Five Years of Your Life

If you're reading this, there's a good chance you've told yourself, *"I'll just check my phone for five minutes."* Then somehow, those five minutes became an hour.

One video turned into ten. One notification became a long scrolling session. Before you knew it, the task you planned to finish was still sitting there, untouched. At the end of the day, you wondered where all your time had gone.

If that sounds familiar, you're not alone.

A few years ago, I found myself stuck in that exact cycle. Every morning started with my phone. Every break involved my phone. Every night ended with "just one more scroll." I always believed I was staying informed or taking a quick break, but deep down I knew something wasn't right.

The scary part wasn't the hours I was losing.

It was an opportunity.

Books I wanted to read stayed unopened. Goals I was excited about kept getting pushed to "tomorrow." Projects remained unfinished. My attention—the one thing every successful person depends on—was slowly being handed over to endless notifications, short videos, and apps that always wanted "just a few more minutes."

That was my wake-up call.

I realized my biggest problem wasn't that I owned a smartphone.

My biggest problem was that I no longer owned my attention.

And that's when everything began to change.

One lesson became clear: this isn't really about your phone.

Your phone is simply a tool. It can help you learn, connect with people, build a business, study for exams, and create opportunities. The real challenge is what happens when that tool quietly starts controlling your choices instead of serving your goals.

That's why deleting every app doesn't usually work.

That's why relying on motivation only lasts for a few days.

That's why making promises to yourself on Sunday night often falls apart by Wednesday afternoon.

The problem isn't a lack of willpower. The problem is that most people have never learned how to recover and protect their attention in a world designed to compete for it every second.

That's exactly why I created the Attention Recovery Framework™.

Instead of asking you to quit technology or live without your phone, this framework teaches you how to take back control.

Throughout this guide, you'll learn how to:

- Discover the hidden triggers that keep pulling you back into endless scrolling.
- Interrupt automatic habits before they steal hours of your day.

- Replace mindless phone use with actions that move your life forward.
- Build routines that make focus feel natural instead of forced.
- Create habits that help you stay productive without depending on motivation alone.

By the time you finish this guide, my hope is that you'll have more than a few productivity tips.

You'll have a practical system you can return to whenever distractions begin to creep back into your life.

Imagine waking up and reaching for your goals before reaching for your phone.

Imagine finishing important work without checking social media every few minutes.

Imagine going to bed knowing you used your time intentionally instead of wondering where the day disappeared.

Those changes won't happen because of one motivational quote or one perfect day.

They'll happen because you make small, consistent decisions that strengthen your ability to focus.

Before you continue, I have one request.

Don't rush through these pages.

Keep a notebook nearby. Pause after each chapter. Complete the exercises honestly. Use the worksheets, the trackers, and the 21-Day Attention Recovery Challenge. The more you apply what you read, the more valuable this guide becomes.

Progress matters more than perfection.

There will be good days and difficult days. That's normal. What matters is returning to the process instead of giving up after one setback.

Five years from now, you'll probably wish you had spent less time distracted and more time building the life you wanted.

The good news is that the next five years haven't happened yet.

Your future isn't decided by one big moment. It's shaped by the small decisions you make every single day.

Today, you've made one of those decisions simply by opening this guide.

Let's begin.

Chapter 1

The Lie We Keep Telling Ourselves: "I'll Just Check My Phone for Five Minutes"

Have you ever picked up your phone just to reply to one message?

Then somehow you looked up, and it was one hour later.

You don't even remember what you were watching. One video became another. One notification became ten. Before you knew it, the whole evening had disappeared.

If you're nodding your head right now, I want you to know something.

You're not alone.

And more importantly, **you're not broken.**

For a long time, I blamed myself.

I kept saying things like, "I just need more discipline," or "Tomorrow I'll do better."

Tomorrow came.

Nothing changed.

I'd promise myself that I would study for just one hour before touching my phone. Five minutes later, I was watching football highlights, scrolling Instagram, checking WhatsApp statuses, or watching "just one more" video.

Sound familiar?

It Never Starts as Three Hours

Nobody wakes up and says,

"Today, I want to waste four hours scrolling."

It always starts with something small.

"I'll just reply to this text."

"I'll quickly check TikTok."

"Let me see what's happening on X."

"I'll watch one YouTube video."

That's how it begins.

The problem isn't the first five minutes.

The problem is what those five minutes quietly become.

By the time you realize what's happening, your brain is already running on autopilot.

You aren't choosing anymore.

You're simply following a habit.

The Cost Nobody Talks About

People usually talk about screen time.

I think that's the wrong conversation.

The real question is:

What is your phone replacing?

Every hour spent scrolling is an hour that could have been used to:

- Learning a valuable skill.
- Applying for a better job.
- Reading ten pages of a great book.
- Starting that online business you've been talking about.
- Spending quality time with family.
- Resting properly instead of feeding your brain endless content.

Think about that for a moment.

It's not just time you're losing.

You're losing opportunities.

I remember speaking with a university student who told me,

"I always complain that I don't have time to study. Then I checked my screen-time report. It said 8 hours and 37 minutes."

That moment changed everything for him.

Maybe your number isn't eight hours.

Maybe it's four.

Maybe it's six.

Whatever the number is, ask yourself one honest question:

If I invested even half of that time into my future, where would I be one year from now?

It's Not About Being Lazy

One of the biggest lies many young people believe is this:

"I'm just lazy."

No.

Laziness isn't checking your phone every few minutes.

Laziness isn't opening Instagram without thinking.

Laziness isn't refreshing WhatsApp every ten minutes.

Those are habits.

And habits can be changed.

That's actually good news.

Because if this were simply about your personality, there wouldn't be much hope.

But habits are learned.

Anything learned can be replaced with something better.

Your Brain Loves Easy Rewards

Let's keep this simple.

Imagine someone places two things in front of you.

One is a difficult textbook.

The other is a phone full of funny videos, messages, and exciting notifications.

Which one will your brain naturally choose?

For most people, it's the phone.

Not because they're weak.

Because the phone gives quick rewards with almost no effort.

Your brain likes that.

It likes things that feel easy, interesting, and new.

That's why scrolling can become automatic before you even realize you've unlocked your screen.

Once you understand this, something important happens.

You stop asking,

"What's wrong with me?"

And you start asking,

"How do I change the system I'm living in?"

That question changes everything.

Try This Today

Before you continue to the next chapter, I want you to do one simple exercise.

Open your phone.

Go to your Screen Time or Digital Wellbeing settings.

Write down:

1. Your average daily screen time.
2. Your three most-used apps.
3. How many times you unlock your phone each day.

Don't judge yourself.

Just write the numbers down.

These numbers are not there to shame you.

They're your starting point.

Every journey begins by knowing exactly where you are.

Mine did too.

And honestly, I was shocked by what I found.

So if you take nothing else from this chapter, remember this:

Your phone isn't the real enemy. The real enemy is the automatic habit that's quietly stealing your attention, one small decision at a time.

Now that you've seen the hidden cost of those "five-minute" check-ins, the next question is obvious.

If we already know scrolling is hurting us, **why do we keep going back?**

That's exactly what we'll uncover in the next chapter. Once you understand why willpower keeps failing you, you'll be ready to learn the first step of the **Attention Recovery Framework™**, and that's when lasting change becomes possible.

Absolutely. Here's an expanded content pack you can use to build **Chapter 2**. Think of this as your "writer's blueprint"—it contains explanations, examples, stories, and exercises that you can turn into your own prose.

Chapter 2

You've Tried Everything... So Why Doesn't Anything Work?

By the end of this chapter, the reader should realize:

"I'm not failing because I'm weak. I've been trying to solve the wrong problem."

Everything in this chapter should lead naturally to introducing the **Attention Recovery Framework™**.

Section 1: The Frustration Nobody Talks About

Main Idea

Start by describing the cycle many readers know all too well.

Example situations to describe:

- Deleting TikTok on Monday.
- Reinstalling it on Wednesday because a friend sent a video.
- Promising "this is the last time."
- Feeling guilty before bed.
- Repeating the cycle next week.

Questions to Ask the Reader

- How many times have you said, "This is my last day wasting time"?

- How many productivity apps have you downloaded?
- How many motivational videos have you watched?

The point:

They don't lack information.

They lack a system.

Section 2: Why Deleting Apps Rarely Works

People think the app is the problem.

Actually, the **habit** is the problem.

Explain this idea carefully.

Imagine someone deletes TikTok.

What usually happens?

Maybe they start watching YouTube Shorts.

Or Instagram Reels.

Or Facebook videos.

Or they simply browse random websites.

The platform changes.

The behavior stays exactly the same.

Analogy

Imagine a leaking roof.

Instead of fixing the hole, you simply move the bucket underneath.

The floor stays dry for a while.

But the roof is still leaking.

Deleting apps without changing habits is like moving the bucket.

Mini Story

Create an example like this:

A student decides to remove every social media app before exams.

The first two days go well.

By the third day boredom sets in.

Instead of studying, they begin watching long YouTube videos.

Screen time stays almost the same.

The problem never left.

It only changed clothes.

Section 3: Motivation Is Like Fuel

Explain motivation simply.

Motivation feels powerful.

But it doesn't last.

People usually become motivated after:

- Failing an exam.
- Missing an important deadline.
- Seeing their weekly screen-time report.
- Watching an inspiring YouTube video.

For a day or two they feel unstoppable.

Then life happens.

They're tired.

They're bored.

They have a stressful day.

Their brain wants comfort.

Guess where it goes?

Back to the phone.

Analogy

Motivation is like charging your phone.

Eventually the battery runs low.

If your whole strategy depends on staying fully charged forever, you'll eventually run out of power.

That's why habits matter more.

Section 4: The Willpower Myth

Many people believe successful people simply have stronger willpower.

Challenge that idea.

Explain:

Every decision uses mental energy.

By evening we've already made hundreds of decisions.

Our brains naturally look for easier options.

Phones provide instant entertainment with almost no effort.

That's why scrolling feels automatic.

The goal isn't to become a superhero with endless self-control.

The goal is to build an environment where the easier choice is the better one.

Everyday Nigerian Examples

Use examples readers recognize.

Examples:

- Waiting for a bus.
- Sitting in traffic.
- Standing in a queue at the bank.

- Waiting for food at a restaurant.
- NEPA takes light and the first instinct is reaching for the phone.
- During lectures when the class becomes boring.

These moments slowly train the brain to expect constant stimulation.

Section 5: Your Brain Loves Easy Rewards

Explain dopamine without making medical claims.

Simple explanation:

Every notification promises something interesting.

Maybe someone liked your picture.

Maybe there's breaking news.

Maybe there's a funny meme.

Maybe there's nothing.

The uncertainty itself keeps people checking.

This is one reason phones can become so hard to ignore.

Exercise

Ask readers to write down:

Every time they picked up their phone today:

- What time?

- What happened just before?
- Were they bored?
- Were they stressed?
- Were they avoiding work?
- How long did they stay?

By the end of the day they'll start noticing patterns.

Section 6: The Missing Piece

Now introduce your framework.

Explain:

Most advice focuses on fighting the phone.

The Attention Recovery Framework™ focuses on understanding the person holding the phone.

Then explain each step briefly.

Expose

Notice your triggers.

Without awareness nothing changes.

Interrupt

Create a pause between the urge and the action.

Even a few seconds can help you choose differently.

Redirect

Don't just remove scrolling.

Replace it with a healthier action that still meets the need—whether that's taking a short walk, stretching, reading a page of a book, or messaging a friend with purpose instead of endlessly browsing.

Rewire

Repeat the healthier pattern until it becomes more automatic.

The aim isn't perfection. It's making focused behavior easier over time.

Common Myths to Bust

You can add a section addressing misconceptions.

Myth: I have no discipline.

Truth:

You probably have discipline in other parts of life.

The challenge is that your phone habits have become automatic.

Myth: I need another productivity app.

Truth:

Apps can support change, but they can't replace consistent routines.

Myth: Successful people don't get distracted.

Truth:

Everyone gets distracted.

Many successful people simply build routines and environments that reduce unnecessary distractions.

Reflection Questions

Give readers questions like:

- When do I usually lose control of my phone?
- What emotion usually comes first?
- What have I been blaming myself for?
- Which advice have I tried before?
- What would my life look like if I recovered just one extra hour every day?

Closing Thought

End the chapter with one central message:

You don't need to become a different person to beat phone addiction.

You need a different system.

That's exactly what the next chapter begins to build. Before you can change your habits, you need to identify the hidden triggers that start them. Once you can see those patterns clearly, you'll be ready to take the first real step in the **Attention Recovery Framework™: Expose**.

Chapter 3

EXPOSE – Finding the Invisible Triggers Running Your Life

By the end of this chapter, the reader should think:

"I never realized I wasn't choosing to scroll. Something was triggering me first."

This is the first stage of the **Attention Recovery Framework™**. The objective is to help readers become observers of their own behavior instead of judging themselves.

Opening Idea

Start by connecting to the previous chapter.

Main message:

Before you can stop a habit, you have to see it.

Most people believe they randomly pick up their phone.

In reality, there is usually something that happens first.

Think of it like sneezing.

A sneeze doesn't appear from nowhere.

Something triggered it.

Phone habits work in a similar way.

The scrolling is the visible part.

The trigger is the invisible part.

Section 1: What Is a Trigger?

Explain it in simple language.

A trigger is anything that nudges your brain toward picking up your phone without much thought.

Triggers can be:

- An emotion.
- A place.
- A person.
- A sound.
- A notification.
- A routine.
- Even a certain time of day.

The important point:

The phone is rarely the starting point.

Something else usually comes first.

Everyday Example

Describe a normal morning.

Someone wakes up.

Before getting out of bed, they check WhatsApp.

Then Instagram.

Then TikTok.

Then email.

Thirty minutes disappear.

Ask the reader:

"What actually triggered the phone?"

Possible answers:

- The alarm.
- The phone already being in their hand.
- Curiosity about messages.
- Habit.

The scrolling didn't begin by accident.

The Four Biggest Scrolling Triggers

Trigger 1: Boredom

Explain that boredom isn't the enemy.

It's simply a feeling the brain often tries to escape.

Examples:

- Waiting for a lecture.
- Sitting in traffic.
- Waiting at the hospital.
- Standing in a queue.
- During a TV advert.
- Waiting for food.

Years ago, people simply waited.

Today many people automatically unlock their phones.

The phone becomes a boredom killer.

The brain learns:

"Bored = Scroll."

Reflection Questions

Ask readers:

Where do I usually feel bored?

What do I reach for immediately?

Can I sit quietly for five minutes without touching my phone?

Trigger 2: Stress

Explain how difficult emotions often lead people to seek quick relief.

Examples:

- Bad day at work.
- Family argument.
- Financial worries.
- Exam pressure.
- Relationship problems.

Instead of solving the problem,

People escape it.

Scrolling becomes temporary relief.

The stress is still there afterward.

Mini Story

Create a relatable example.

Someone gets criticism from their boss.

They feel frustrated.

Instead of preparing for tomorrow's work,

They spend two hours watching comedy videos.

The videos make them laugh.

But the work remains unfinished.

The stress actually increases the next day.

Trigger 3: Notifications

Explain why notifications are powerful.

Even when they aren't important.

Examples:

- Phone vibration.
- Message sound.
- Lock-screen preview.
- Red notification badges.

Sometimes people unlock the phone,

Forget why,

And still spend twenty minutes scrolling.

The notification was only the doorway.

Exercise

Invite readers to turn off non-essential notifications for a few hours and observe whether they feel the urge to check less often.

Encourage them to notice not just whether they use the phone less, but how often they *want* to reach for it.

Trigger 4: Habit and Routine

This is the strongest trigger.

Explain that many people don't even notice these patterns anymore.

Examples:

- Phone during breakfast.
- Phone before sleeping.
- Phone immediately after waking up.
- Phone while eating alone.
- Phone during TV commercials.
- Phone while waiting for someone.

The brain starts linking certain moments with scrolling.

The routine itself becomes the trigger.

The Boredom Trap

Spend extra time here because it's one of the biggest problems for young adults.

Main idea:

Many people are no longer comfortable with silence.

The moment life slows down,

The phone comes out.

Explain that boredom can actually be useful.

It creates space for:

- Thinking.
- Creativity.

- Reflection.
- Problem-solving.

Some of our best ideas arrive when our minds have room to wander.

Constant scrolling fills every quiet moment, leaving little space for deeper thinking.

Emotional Scrolling vs Intentional Phone Use

This is a key distinction.

Emotional Scrolling

Characteristics:

- You don't know why you opened the app.
- You switch between apps without a purpose.
- You lose track of time.
- You finish feeling drained or guilty.

Common emotions that lead to emotional scrolling:

- Loneliness.
- Anxiety.
- Stress.
- Frustration.
- Fear of missing out (FOMO).
- Procrastination.

Intentional Phone Use

Characteristics:

- You know exactly why you're using the phone.
- You have a clear task.
- You complete it.
- You put the phone away.

Examples:

- Paying a bill.
- Messaging a lecturer.
- Reading lecture notes.
- Booking transport.
- Joining an online class.

The phone itself isn't the problem.

The difference is whether you're directing your attention—or your attention is being directed for you.

Self-Assessment Activity

Invite readers to reflect on a recent scrolling session.

Questions they can answer:

- Why did I pick up my phone?
- What emotion was I feeling?
- Did I complete what I intended to do?
- How long did I actually stay?
- How did I feel afterward?

- What could I have done differently?

Creating Your Personal Trigger Map

Introduce the idea that everyone has a unique pattern.

Provide a simple table like this:

Situation	Emotion	App Opened	Time Spent	What I Needed
Waiting for a friend	Bored	Instagram	25 min	Something to do
After an argument	Angry	TikTok	1 hour	Distraction
Couldn't sleep	Restless	YouTube	90 min	Relaxation

The goal is to identify recurring themes rather than judge yourself.

Challenge for the Next 24 Hours

Encourage readers to become investigators.

Every time they pick up their phone, pause for a moment and ask:

1. What happened just before I reached for it?
2. What emotion am I feeling right now?
3. Do I actually need my phone, or am I reacting automatically?
4. What is one small alternative I could try instead?

Even if they still choose to use the phone, simply noticing the trigger is progress.

Key Message to Leave the Reader With

Your phone is not controlling you by magic.

It responds to patterns you've repeated many times.

The encouraging news is that patterns can be changed.

The first step isn't fighting the urge.

It's seeing it clearly.

Once you understand your triggers, you'll be ready for the next stage of the **Attention Recovery Framework™—Interrupt**—where you'll learn practical ways to pause the habit before it takes over. That's where awareness starts turning into action.

Chapter 4

INTERRUPT – How to Stop a Scroll Before It Becomes Three Hours

By the end of this chapter, the reader should believe:

"I don't have to rely on willpower. I can interrupt the habit before it takes over."

The goal is to show readers that they don't need to resist their phone for hours. They only need to create a small pause between the urge and the action. That pause is where control begins.

Opening Idea

Connect to Chapter 3.

Main message:

Last chapter, readers learned to recognize **what** triggers their scrolling.

Now comes the next question:

What do you do when the urge actually shows up?

Most people think they have only two choices:

- Scroll.
- Try to force themselves not to scroll.

But there's a third option.

Pause.

That tiny pause can completely change what happens next.

Use this analogy:

Imagine you're driving and the traffic light suddenly turns yellow.

You don't instantly slam the accelerator.

You pause, assess the situation, and make a decision.

The same principle applies to phone habits.

Section 1: Why the First 10 Seconds Matter

Main Idea

The first few seconds after you feel the urge to check your phone are often the most important.

If you unlock your phone immediately, you're likely to continue automatically.

If you pause, you give yourself a chance to choose intentionally.

Explain that this is why the chapter focuses on a **10-second interruption**, not on trying to avoid the phone forever.

The 10-Second Interruption Habit

Introduce a simple routine.

Step 1: Stop

Before unlocking the phone, stop for ten seconds.

Don't unlock it yet.

Simply notice the urge.

Step 2: Breathe

Take one slow, deep breath.

This helps shift your attention from reacting automatically to making a conscious decision.

Step 3: Ask Yourself Three Questions

Examples:

- Why am I picking up my phone right now?
- What am I hoping to get from it?
- Will this help me in the next ten minutes?

Encourage readers to answer honestly.

Sometimes the answer will simply be:

"I'm bored."

That's okay.

Awareness is progress.

Step 4: Decide

After the pause, make a deliberate choice.

Sometimes the phone is necessary.

Sometimes it isn't.

The important difference is that the decision is now intentional.

Exercise

Invite readers to practice this pause every time they feel the urge to check their phone for one day.

Ask them to record:

- How many times they remembered to pause.
- How many times they still used the phone.
- How many times they chose not to.

The goal isn't perfection.

It's noticing the difference a pause can make.

Section 2: Creating Friction Between You and Your Distractions

Main Idea

The easier something is to do, the more often we do it.

Phones are designed to remove friction.

Your job is to add a little back.

Even small obstacles can reduce automatic behavior.

Practical Ways to Add Friction

Move distracting apps off the home screen

If an app isn't immediately visible, you're less likely to open it out of habit.

Log out of social media

Having to type your password creates a small delay.

That delay can interrupt an automatic routine.

Turn off non-essential notifications

Not every app needs permission to demand your attention.

Use grayscale mode

Removing bright colors can make some apps feel less stimulating.

Keep the phone in another room during focused work

Distance matters.

If you have to stand up and walk to get your phone, you're giving yourself another chance to rethink the decision.

Charge your phone away from your bed

Many people begin and end their day with scrolling because the phone is within arm's reach.

Changing where it charges changes the routine.

Analogy

Think about snacks.

If biscuits are sitting on the table, you'll probably eat one.

If they're locked in a cupboard across the house, you'll think twice.

Phones work the same way.

Section 3: Rebuilding Your Environment for Success

Main Idea

Your environment shapes your habits more than your intentions.

Explain that successful people don't always have more discipline.

They often create environments that support the behavior they want.

Phone-Free Zones

Encourage readers to choose specific places where phones aren't used unnecessarily.

Examples:

- Dining table.
- Study desk.
- Bathroom.
- Bedroom after a certain time.

These locations become cues for focused behavior.

Phone-Free Times

Examples:

- The first 30 minutes after waking up.
- During meals.
- While studying.
- During conversations with friends or family.
- The last hour before bed.

Keeping these windows consistent helps create new habits.

Replace, Don't Just Remove

If someone stops scrolling but has nothing meaningful to do, they'll likely return to old habits.

Suggest alternatives:

- Read two pages of a book.
- Stretch for five minutes.
- Journal.
- Practice deep breathing.

- Organize tomorrow's to-do list.
- Take a short walk.
- Drink a glass of water.

The replacement doesn't have to be perfect.

It just needs to move the person toward the life they want.

Section 4: Emergency Techniques for High-Risk Moments

Explain that some situations are more difficult than others.

The goal isn't to avoid these moments forever.

It's to prepare for them.

High-Risk Moment: Late at Night

Common pattern:

"I'm just checking one thing before bed."

An hour later they're still awake.

Ideas to explore:

- Put the phone across the room.
- Set a consistent bedtime reminder.
- Read a physical book instead.

High-Risk Moment: During Study Sessions

Common pattern:

"I'll check one notification."

Twenty minutes disappear.

Suggestions:

- Place the phone in another room.
- Use a timer for focused work.
- Keep only study materials within reach.

High-Risk Moment: Feeling Stressed

Instead of immediately reaching for the phone:

Try a one-minute breathing exercise.

Take a short walk.

Write down what's bothering you.

Sometimes the urge fades once the emotion is acknowledged.

High-Risk Moment: Waiting

Whether you're waiting in a queue, for transport, or before a meeting, challenge yourself to leave the phone in your pocket for a few minutes.

Look around.

Observe your surroundings.

Let your mind wander.

This helps rebuild your ability to tolerate quiet moments.

Common Mistakes

Include a section on what to avoid.

Examples:

- Trying to change everything in one day.
- Feeling guilty after one setback.
- Believing one bad day means failure.
- Expecting motivation to stay high forever.

Emphasize that consistency matters more than perfection.

Reflection Exercise

Invite readers to answer:

- Which interruption strategy feels easiest for me?
- Which distraction is hardest to interrupt?
- What is one change I can make to my environment today?
- Which high-risk moment causes me the most trouble?
- What replacement habit will I try first?

Encourage them to choose just one change to start with.

Small, repeated changes often have a bigger impact than dramatic overhauls.

Mini Case Study

Create a fictional example.

A young graduate noticed that every evening after dinner he automatically opened short-form video apps.

Instead of trying to rely on willpower, he left his phone charging in another room and kept a novel on the table.

The first few evenings felt uncomfortable.

By the second week, reading had become part of his evening routine.

His screen time gradually dropped—not because he forced himself, but because he changed the environment around him.

End-of-Chapter Message

Remind readers that interruptions don't have to be dramatic.

A ten-second pause.

One app moved off the home screen.

A phone charging outside the bedroom.

One notification switched off.

These tiny decisions can add up to meaningful change over time.

Close by preparing them for the next stage of the **Attention Recovery Framework™**:

Once you can interrupt the habit, the next challenge is making sure the empty space doesn't pull you back into old patterns. In the next chapter, you'll learn how

to **Redirect** your attention toward activities that satisfy the same needs—without letting endless scrolling take over again. That's where lasting momentum begins.

Chapter 5

REDIRECT: Teaching Your Brain to Crave Progress Instead of Scrolling

This chapter answers a question that naturally follows Chapter 4:

"If I stop scrolling...what do I do instead?"

Many people can interrupt a habit for a few minutes, but if they leave an empty space, the brain often returns to the old routine. The aim here is to help readers replace the habit with more meaningful activities that satisfy the same underlying needs.

Core Message

The phone isn't just giving people entertainment.

It can also provide:

- Relief from boredom.
- A sense of novelty.
- Social connection.
- A quick break from stress.
- Small feelings of accomplishment.

If you remove scrolling without finding healthier ways to meet some of those needs, the old habit can become attractive again.

The goal isn't to eliminate pleasure—it's to find more constructive sources of it.

Section 1: Replacing the Reward Instead of Fighting the Urge

Main Idea

Explain that habits often continue because they offer an immediate reward, even if the long-term outcome isn't helpful.

Rather than trying to suppress every urge, encourage readers to experiment with healthier alternatives that provide a similar sense of satisfaction.

Everyday Examples

- Instead of opening a short-video app during a break, take a five-minute walk outside.
- Instead of checking social media first thing in the morning, read one page of a book you've been meaning to finish.
- Instead of watching "just one more" video after work, spend ten minutes on a hobby or skill you've been neglecting.

The emphasis should be on **replacement**, not deprivation.

Reflection Prompt

Invite readers to ask themselves:

- What am I really looking for when I reach for my phone?
- Is it rest?
- Is it entertainment?
- Is it connection?

- Is it simply a break?

Understanding the need makes it easier to choose a healthier response.

Section 2: Building Your Focus Replacements

The Big Idea

A replacement should be:

- Easy to start.
- Available almost anywhere.
- Short enough that it doesn't feel overwhelming.
- Connected to the person's real goals.

If the replacement is too difficult or inconvenient, the phone will often feel like the easier option.

Examples of Focus Replacements

Mental Reset

- Read two pages of a book.
- Listen to calming music for a few minutes.
- Practice a brief breathing exercise.
- Write one paragraph in a journal.

Physical Reset

- Stretch.
- Walk around the room.

- Refill your water bottle.
- Step outside for fresh air.

Productive Reset

- Reply to one important email.
- Review today's to-do list.
- Organize your workspace.
- Spend five minutes learning a new skill.

Creative Reset

- Sketch an idea.
- Brainstorm solutions to a problem.
- Practice a language.
- Write down three new ideas.

Encourage readers to create a small list of activities that genuinely appeal to them rather than copying someone else's routine.

Section 3: The Momentum List

Main Idea

When people feel overwhelmed, even deciding what to do next can be difficult.

A Momentum List removes that friction by giving readers a collection of small actions they can start immediately.

The focus is on **starting**, not finishing.

Suggested Categories

Two-Minute Wins

Examples:

- Drink a glass of water.
- Make the bed.
- Put one item back where it belongs.
- Open your notebook.
- Read one page.

Five-Minute Wins

Examples:

- Review tomorrow's schedule.
- Organize your desk.
- Revise one topic.
- Practice typing or handwriting.
- Brainstorm ideas for a project.

Ten-Minute Wins

Examples:

- Exercise lightly.
- Watch an educational video with a clear purpose.
- Work on an assignment.
- Learn a few new vocabulary words.

Fifteen-to-Twenty-Minute Wins

Examples:

- Complete a focused study session.
- Cook a simple meal.
- Practice a creative hobby.
- Read a chapter of a book.

Encourage readers to keep their Momentum List somewhere visible so they can refer to it whenever they feel the urge to scroll.

Reflection Exercise

Invite readers to build their own list.

Prompt them with questions like:

- Which activities leave me feeling energized afterward?
- What small tasks have I been postponing?
- What hobbies have I stopped making time for?
- Which activities move me closer to my long-term goals?

Section 4: The 20-Minute Productivity Launch Routine

Purpose

Many people struggle not because they can't work, but because getting started feels difficult.

This routine is designed to make beginning easier.

Suggested Structure

Minutes 1–3: Clear the workspace and decide on one specific task.

Minutes 4–6: Remove obvious distractions (silence notifications, place the phone out of reach, gather materials).

Minutes 7–10: Spend a few minutes reviewing what needs to be done so the first action is clear.

Minutes 11–20: Work on only the first step of the chosen task without worrying about perfection.

The idea is that momentum often grows once a person has started.

Common Challenges

Discuss a few obstacles readers may encounter.

"My replacement activity feels boring."

Explain that new habits often feel less exciting at first because they're unfamiliar.

Encourage consistency rather than chasing excitement.

"I still end up scrolling."

Remind readers that setbacks are opportunities to notice what happened.

Ask:

- What triggered me?
- Which replacement could I try next time?

"I don't have time."

Point out that many replacement activities take only a few minutes.

Small, repeated actions can still make a meaningful difference.

Mini Case Study

Create a fictional example.

A recent graduate noticed that every afternoon, after lunch, he automatically opened social media.

He decided to keep a short Momentum List on his desk with three options:

- Review class notes for ten minutes.
- Walk around the block.
- Read five pages of a personal development book.

Some days he still scrolled, but on many others he chose one of the alternatives. Over several weeks, those small choices gradually became easier.

Reader Challenge

Invite readers to try this experiment for one week:

1. Write down five Focus Replacements.
2. Create a Momentum List with tasks of different lengths.
3. Use the 20-Minute Productivity Launch Routine once each day.
4. At the end of the week, reflect on which strategies felt most natural and which situations were still difficult.

Main Takeaway

The goal isn't to force yourself to avoid your phone forever.

It's to make meaningful activities easier to begin.

Each time you choose a purposeful action over automatic scrolling, you're strengthening a new pattern. Over time, those small choices can become the default.

Bridge to the Next Chapter

End by preparing readers for the final stage of the **Attention Recovery Framework™**.

Once you've learned to redirect your attention, the next challenge is making those new behaviors stick. The final stage—**Rewire**—focuses on turning occasional wins into lasting habits by building routines, tracking progress, and preparing for setbacks so that focus becomes part of your everyday life rather than a temporary burst of motivation.

Chapter 6

REWIRE: Becoming the Kind of Person Who Doesn't Need Their Phone Every Five Minutes

Purpose of This Chapter

This chapter is about helping the reader shift from **"I'm trying to use my phone less"** to **"I'm becoming someone who naturally manages my attention well."**

The emphasis is on long-term identity and sustainable routines rather than short bursts of motivation.

The Big Idea

Many people focus only on changing actions.

Lasting change often comes from changing how they see themselves.

Someone who believes, "I'm always distracted," may find it difficult to build consistent habits.

Someone who begins to think, "I'm becoming a focused person," has a different foundation for making daily choices.

The aim isn't to become perfect overnight.

It's to reinforce a healthier identity through repeated actions.

Section 1: Identity-Based Habits

Main Message

Behavior usually follows identity.

Rather than asking:

"How do I stop scrolling?"

Encourage readers to ask:

"What would a focused version of me do in this moment?"

This shifts the decision from guilt to values.

Everyday Examples

Instead of saying:

"I have to study."

Try:

"I'm becoming someone who keeps promises to myself."

Instead of:

"I shouldn't check my phone."

Try:

"I'm practicing protecting my attention."

The language people use internally can influence how they approach change.

Reflection Exercise

Invite readers to finish these sentences:

- I want to become someone who...
- My future self would probably...
- One small action that matches that identity today is...

The goal is to connect daily actions with the person they want to become.

Section 2: Designing a Distraction-Resistant Lifestyle

Main Idea

Instead of depending on motivation every day, shape your surroundings and routines so they naturally support focus.

Build Routines Around Your Goals

Examples:

- Decide in advance when you'll study or work.
- Keep materials for important tasks easy to access.
- Reduce unnecessary digital interruptions during focused periods.

Planning ahead makes it easier to follow through when energy is low.

Protect Your Attention

Encourage readers to think of attention as something valuable.

Reflection questions:

- Who or what gets my attention most?

- Is that aligned with what matters to me?
- What deserves more of my attention this week?

Create a Weekly Reset

Suggest setting aside a regular time each week to review:

- Screen-time trends.
- Tasks completed.
- Habits that worked well.
- Situations where distractions were strongest.

This isn't about criticism—it's about learning.

Section 3: Morning Focus Ritual

Main Idea

The first part of the day often shapes the rest of it.

If the morning begins with aimless scrolling, it's easier for distraction to continue throughout the day.

Readers can experiment with a simple routine that keeps the phone out of the spotlight for a while after waking.

Example Routine

- Get out of bed before checking non-essential apps.
- Drink water and stretch.
- Review one priority for the day.

- Spend a few minutes reading or reflecting.
- Delay recreational social media until after the first meaningful task.

Encourage readers to adapt the routine to fit their own lives rather than copying it exactly.

Section 4: Evening Wind-Down Ritual

Main Idea

Many people end the day with endless scrolling.

A calmer routine can make it easier to sleep and begin the next day with more focus.

Example Routine

- Put the phone on charge outside the bedroom or away from the bed if possible.
- Review what went well during the day.
- Write tomorrow's top priorities.
- Read a few pages of a physical book or journal.
- Aim to reduce stimulating screen use shortly before sleep.

The emphasis is on creating a predictable end to the day.

Reflection Exercise

Ask readers:

- What is the last thing I usually do before sleeping?

- How do I feel afterward?
- What small evening habit would leave me feeling more prepared for tomorrow?

Section 5: Preventing Relapses Without Guilt

Main Message

Progress isn't always linear.

Most people experience setbacks while changing habits.

One difficult day doesn't erase weeks of improvement.

Instead of responding with self-criticism, encourage curiosity.

Ask:

- What happened?
- What triggered it?
- What can I adjust next time?

Helpful Perspective

Compare habit change to learning any new skill.

If someone misses a workout or forgets a practice session, they don't have to start from zero.

The same idea applies here.

The next good choice matters more than dwelling on the last mistake.

Recovery Questions

Encourage readers to write down:

- What situation led to the relapse?
- What emotion was I feeling?
- Which stage of the Attention Recovery Framework™ could help me next time?
- What is one small action I can take today to get back on track?

This keeps the focus on learning rather than blame.

Building a Personal Maintenance Plan

Invite readers to create a simple one-page plan they can revisit.

Include prompts such as:

My Biggest Triggers

List the situations, emotions, or routines that most often lead to unnecessary scrolling.

My Best Focus Replacements

Write down the replacement activities that have worked well.

My Morning Routine

Outline a few steps that help start the day with intention.

My Evening Routine

List the habits that help wind down without endless screen use.

My Recovery Plan

Describe what to do after a setback so one bad moment doesn't become a bad week.

Mini Case Study

Create a fictional example.

A university student reduced unnecessary screen time for several weeks but then spent an entire weekend scrolling after a stressful exam.

Instead of deciding they had failed, they reviewed what had happened.

They realized stress—not lack of discipline—had been the main trigger.

The following week they added short walks and journaling after study sessions.

The setback became useful information rather than a reason to quit.

Final Reflection

Invite readers to consider:

- How has my relationship with my phone changed?
- Which part of the Attention Recovery Framework™ has helped me most?
- What new identity am I building?
- What kind of life do I want my attention to support over the next year?

Encourage them to think beyond reducing screen time and toward using their attention for the people, goals, and experiences that matter most.

Chapter Wrap-Up

Close with the idea that lasting change doesn't come from one dramatic decision. It comes from many small choices made consistently over time.

The **Attention Recovery Framework™** isn't just about using a phone less. It's about learning to notice your patterns (**Expose**), create a pause before reacting (**Interrupt**), choose healthier alternatives (**Redirect**), and strengthen those choices until they become part of who you are (**Rewire**).

From here, you can transition into your conclusion by encouraging readers to reflect on how far they've come and to choose one practical habit they'll continue building in the weeks ahead.

Chapter 7

Your 21-Day Attention Recovery Challenge

Purpose

Help the reader put the **Attention Recovery Framework™** into practice over 21 days. The emphasis is consistency, not perfection.

Opening

Remind readers that they've learned the four stages:

- **Expose** – Notice your triggers.
- **Interrupt** – Pause before reacting.
- **Redirect** – Choose a better response.
- **Rewire** – Repeat until it becomes natural.

Explain that the next 21 days are about practicing these skills in everyday life.

Week 1: Awareness

Objective: Learn your habits without trying to be perfect.

Focus on:

- Tracking screen time.
- Identifying top triggers.
- Practicing the 10-second pause.
- Recording one lesson each day.

Daily reflection prompts:

- What triggered me today?
- When did I successfully interrupt a habit?
- What surprised me?

Week 2: Replacement

Objective: Strengthen Focus Replacements.

Tasks:

- Use your Momentum List every day.
- Complete one 20-minute Productivity Launch Routine daily.
- Reduce one unnecessary scrolling session each day.

Weekly review:

- Which replacement worked best?
- Which situations remain difficult?
- What needs adjusting?

Week 3: Identity

Objective: Build a lifestyle that supports focus.

Focus on:

- Following your morning ritual.
- Following your evening ritual.
- Protecting phone-free periods.
- Reviewing progress at the end of each day.

Reflection:

- How do I see myself differently now?
- What habits feel easier than before?

Progress Tracker

Include a simple daily table with columns such as:

Day	Screen Time	Biggest Trigger	Best Replaceme nt	Daily Focus Rating (1–5)	Notes
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Weekly Checkpoints

At the end of each week, ask readers to rate themselves:

- Did I notice my triggers?
- Did I pause before reacting?
- Did I use my replacements?
- Did I protect my morning routine?
- Did I recover quickly after setbacks?

What Happens After Day 21?

Encourage readers not to think of Day 21 as the finish line.

Suggest they:

- Continue reviewing screen time once a week.
- Update their Momentum List regularly.
- Refresh their Focus Replacements when they become stale.
- Adjust routines as life changes.

Staying Consistent for Life

End with a few principles such as:

- Small improvements matter.
- Progress is more important than perfection.
- One setback doesn't erase previous success.
- Protect your attention because it shapes your future.

Closing Reflection

Invite readers to write brief answers to questions like:

- What is the biggest lesson I learned about myself?
- Which habit am I most proud of changing?
- What will I continue doing every week?
- How will I know I'm protecting my attention six months from now?

This gives you the structure for a practical final chapter while leaving room for you to add your own stories, encouragement, and worksheets.

Final Words Development Guide

Your Future Is Waiting on the Other Side of One Decision

Purpose of This Section

The final pages should leave the reader with one feeling:

"I can actually do this, and it starts today."

This isn't where you introduce new ideas. It's where you reinforce the message that has run through the entire guide: **attention is a skill that can be rebuilt through small, consistent choices.**

Section 1: The Biggest Lesson From This Guide

Main Message

Encourage readers to reflect on the journey they've taken.

Reinforce that the biggest takeaway isn't simply reducing screen time—it's learning to direct attention intentionally.

Ideas to cover:

- They are not "broken."
- Their habits were learned, which means they can be changed.
- Every small decision shapes the person they're becoming.
- Progress comes from consistent practice, not perfect days.

Possible reflection prompts:

- What surprised me most?
- Which chapter changed my thinking?
- Which habit will make the biggest difference in my life?

Section 2: How to Keep Improving

Main Message

Remind readers that growth continues after they finish the guide.

Topics you could include:

- Review your habits weekly.
- Update your Momentum List as your goals change.
- Protect your morning and evening routines.
- Keep practicing the Attention Recovery Framework™ whenever old habits return.
- Celebrate small wins instead of waiting for perfection.

The focus is on building a lifestyle rather than completing a challenge.

Section 3: A Personal Message From Kim Krooz

Instead of giving readers more advice, make this section feel like a conversation.

Topics you could touch on:

- Why this topic matters to you.
- Your hope for every reader.
- The importance of believing change is possible.
- Gratitude for trusting you to be part of their journey.

Aim for warmth, encouragement, and honesty rather than perfection.

Section 4: Your Commitment Page

End with an interactive page the reader completes themselves.

Include prompts such as:

My biggest distraction is:

The habit I am leaving behind is:

The person I am becoming is:

The one promise I make to myself today is:

I will begin on:

Date: _____

Signature: _____

Optional 30-Day Check-In

Encourage readers to revisit these questions one month later:

- What has improved?
- What still challenges me?
- Which habit has become easier?
- What is my next focus goal?

BONUS SECTION

Bonus 1: 21-Day Attention Recovery Challenge Tracker

Purpose

This workbook helps you put the **Attention Recovery Framework™** into action over the next 21 days. The goal isn't to be perfect—it's to become more aware of your habits, reduce mindless scrolling, and build consistent focus.

How to Use This Tracker

Every evening, spend 3–5 minutes completing that day's page.

Don't judge yourself. Simply record what happened and look for patterns. Small improvements each day lead to lasting change.

Week 1: Awareness

Goal: Understand your current phone habits.

Day 1

- Today's screen time: _____
- Biggest trigger today: _____
- How many times did I pick up my phone without thinking? _____
- One thing I did well today: _____
- One thing I'll improve tomorrow: _____

Day 2

- Screen time: _____
- My strongest scrolling trigger today was:
- I successfully stopped myself from scrolling: Yes / No
- What helped me today?
- Tomorrow's focus goal:

Day 3–7

Repeat the same format with space for:

- Screen time
- Biggest distraction
- Mood before scrolling
- Mood after scrolling
- One win
- One lesson

Week 1 Checkpoint

Answer these questions:

- My biggest trigger is:
- The hardest time of day is:
- My average screen time:
- One habit I want to change next week:

Rate yourself (1–5):

- Awareness
- Self-control

- Productivity

Week 2: Replacement

Goal: Replace scrolling with productive actions.

Each day record:

- Screen time
- Focus Replacement used
- Minutes spent on focused work
- Biggest achievement today
- Biggest temptation today
- Did I complete a 20-minute focus session? Yes / No

Week 2 Checkpoint

Complete:

I noticed...

I'm getting better at...

I still struggle with...

Week 3: Rewire

Goal: Make focused behavior feel natural.

Daily prompts:

- Did I follow my morning routine?
- Did I follow my evening routine?
- Biggest distraction today
- Biggest win today
- What am I proud of?
- Tomorrow's commitment

Day 21 Reflection

Congratulations!

Now answer:

- What changed most?
- What surprised me?
- What habits do I want to keep?
- What will I continue doing every week?
- My commitment to my future self:

Signature: _____

Date: _____

Bonus 2: Phone Detox Checklist – 25 Settings That Instantly Reduce Distractions

Before You Begin

You don't have to throw away your phone.

You just need to make it less tempting.

Check off each item as you complete it.

Notifications

- ☐ Turn off notifications for social media apps.
- ☐ Turn off unnecessary app badges.
- ☐ Disable promotional notifications.
- ☐ Keep only calls, messages, calendar, and important apps.
- ☐ Turn off vibration for non-essential apps.

Home Screen

- ☐ Remove social media apps from the first page.
- ☐ Move distracting apps into one folder.
- ☐ Keep only productive apps visible.
- ☐ Replace social apps with Calendar, Notes, or Reading.
- ☐ Use a simple wallpaper with no visual clutter.

App Control

- ☐ Log out of apps you overuse.

- ☐ Remove auto-login where practical.
- ☐ Turn off autoplay on video platforms.
- ☐ Delete apps you rarely use but often open out of habit.
- ☐ Disable unnecessary background refresh.

Daily Habits

- ☐ No phone during meals.
- ☐ No phone for the first 30 minutes after waking.
- ☐ No phone 30 minutes before bed.
- ☐ Charge your phone away from your bed if possible.
- ☐ Keep a book nearby for idle moments.

Focus Mode

- ☐ Create a Focus Mode or Do Not Disturb schedule.
- ☐ Set app timers for your biggest distractions.
- ☐ Schedule dedicated work or study periods.
- ☐ Leave your phone in another room during deep work.
- ☐ Review your screen-time report every Sunday.

Weekly Detox Review

Which setting helped the most?

Which habit was hardest?

What will I improve next week?

Bonus 3: Ultimate Focus Planner & Momentum List Workbook

Daily Focus Planner

Today's Date: _____

My Top 3 Priorities

1. _____
2. _____
3. _____

One Task I'll Finish Before Checking Social Media

My First 20-Minute Focus Session

Time: _____

Task: _____

Biggest Distraction to Avoid Today

Reward After Finishing My Work

Momentum List

When you feel like scrolling, choose one instead:

5-Minute Activities

- Stretch
- Drink water
- Journal one page
- Read two pages of a book
- Organize your desk

10-Minute Activities

- Review class notes
- Learn five new vocabulary words
- Walk outside
- Practice deep breathing
- Tidy one area

20-Minute Activities

- Study one topic
- Read one chapter

- Complete one work task
- Exercise
- Watch an educational lesson

Weekly Focus Review

This week I achieved:

Biggest distraction:

Best replacement habit:

My goal for next week:

These bonuses are designed to complement the **Attention Recovery Framework™** by giving readers practical tools they can print or use digitally alongside the main guide.

