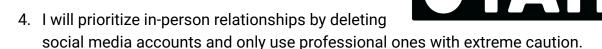
PLEDGE: 10 Daily Habits of Living Heads Up

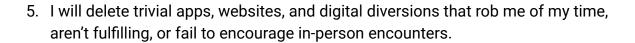
Half of America has <u>a phone problem</u>. All of us can do better. Here are 10 daily habits I will embrace to live a more productive, creative, and fulfilling life:

HEADS

HeadsUpUtah.org

- 1. I will be intentional with my phone and spend no more than 1-2 hours per day on it.
- 2. I will set boundaries with my phone and only reach for it when I need to (not when it asks me to).
- I will live in the present by deleting all audible, vibrating, and most visual alerts, unless they come from my immediate family (or boss during work).





- 6. I will nourish myself, sharing daily meals with people I love and removing screens from tables and bedrooms for 7-8 hours of recuperative sleep each night.
- 7. I will accept boredom as an opportunity for reflection, creativity, and new social discovery, rather than reaching for my phone as a *pacifier* to alleviate discomfort.
- 8. I will periodically fast and disconnect from "heads down" devices for extended periods of time, especially on nights, weekends, vacations, and in the presence of others.
- 9. I will use accountability partners and positive peer pressure to limit my screen use, do cool things, and realize more personal goals.

10. I will lead by example, being a "Heads Up" role model for those around me-kids,
teenagers, and adults alike. Because I said I would. 💪

Signed: _