

# PLEDGE: 10 Daily Habits of Living Heads Up

Half of America has [a phone problem](#). All of us can do better. Here are 10 daily habits I will embrace to live a more productive, creative, and fulfilling life:

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).
3. 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).
4. I will prioritize in-person relationships by deleting social media accounts and only use professional ones with extreme caution.
5. I will delete trivial apps, websites, and digital diversions that rob me of my time, aren't fulfilling, or fail to encourage in-person encounters.
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: \_\_\_\_\_

[HeadsUpUtah.org](https://HeadsUpUtah.org)