**The printable companion to the audiobook**

The book gives you one small move a day. This kit writes them all down: the thirty-day map, a card for the pull to scroll and a plan for the bad days.




# The 30-Day Focus Kit

## For Brain Rot.

Eight tools from the book, free for listeners. Every day's move, Day 0 to Day 30.

**Mariah Renner**

PRINT IT, OR KEEP IT ON YOUR PHONE

START HERE



# Every day's move, written down.

Each day gives you one move, usually with a smaller version for when the full one is too much, and anything you need to get ready for the next day comes before the end.

### How to use this kit

Start with the map and tick each session as you do it. Keep the cards where the pull shows up: by the bed, in your wallet, on the fridge. And because you will miss a day: day numbers count sessions, not dates. Miss one, do the next you haven't done.

### Before you start

If you're driving, biking, or crossing traffic, just listen. Every move, every setting change, every little exercise in this book waits until you're stopped and safe. Never silence or move away from calls or alerts you depend on. The book's help note is on page **14**.


| | | | |
|---|---|---|---|
| 1 | **The thirty-day map** | Every day's move in one line, Day 0 to Day 30, in four weeks: See It, Add Friction, Replace, Rebuild. Tick as you go. | **3** |
| 2 | **The purpose pause card** | One breath and two questions before you open an app you tend to fall into: What am I here for? Where will I stop? | **6** |
| 3 | **The Urge Surf card** | The one-minute surf and the twenty-second surf, step by step, for the moment the pull shows up. The feed waits. | **7** |
| 4 | **Add Friction checklist** | The six changes of Week Two, one a day, each with a smaller version, then Keep, Swap or Drop once it has had three days. | **8** |
| 5 | **The need-matched menu** | Bored, anxious, lonely, avoiding something, tired: a two-minute, ten-minute and thirty-minute option for each need. | **10** |
| 6 | **The bad-day plan card** | One sentence for the slide, three steps for the next morning and your own if-then, decided before the bad night comes. | **11** |
| 7 | **The focus block card** | One task with edges, the phone face down or in another room, your first step, a timer and a handover line at the end. | **12** |
| 8 | **Write your defaults worksheet** | Your three to five rules, the friction you keep, one if-then, and a five-minute monthly check-in: do they still fit? | **13** |
| + | **See it. Add friction. Replace. Rebuild.** | The whole program in four words, one fix for each warning sign, the kit page and the book's help note. | **14** |


**Practice the moves:** kalderno.com/brainrot/practice

### The deal

It's not cold turkey. And there's no shaming. None. The phone stays. What changes is how you and the phone get along.

Over the next thirty days, Tyler is going to stumble and adapt, and sometimes find out a move just doesn't suit him. That's allowed. It's allowed for you too.



# The thirty-day map

Thirty sessions. Most people take about a month, some take longer, and your focus comes back in stages, not on a date. Tick a box each time you do a session.

**Sessions, not dates.** The day numbers count sessions, not calendar dates. So if you miss a day, tomorrow you do the next session you haven't done yet. Nothing gets skipped. Nothing gets doubled.

## Week One is See It. You watch your own habits without changing them.

- ☐ DAY 0 — **The setup** When you're somewhere safe, switch on screen-time tracking in your phone's settings. Change nothing else. Starting tonight, the phone does the counting for you.
- ☐ DAY 1 — **Set your baseline** Pick a behavior. Guess its number. Pick an outcome. Your numbers go on page **5**.
- ☐ DAY 2 — **The first-touch check** Today, notice the very first moment of your day with the phone. You're noticing only. You are not fixing.
- ☐ DAY 3 — **Name the need** Every time you pick up your phone and open it today, silently name what's going on. Bored. Anxious. Lonely. Avoiding something. Tired. Actually wanting to connect.
- ☐ DAY 4 — **Map your danger zones** The question is: where do you lose the most time to your phone? Not when. Where.
- ☐ DAY 5 — **The purpose pause** Before you open an app, any app you tend to fall into, take one breath. And ask yourself two questions. Card on page **6**.
- ☐ DAY 6 — **Count the urges** Today you're going to count, for one short stretch. How many urges showed up, and how many times you actually picked up the phone.
- ☐ DAY 7 — **The reality check** Now compare it to the guess you said out loud on Day 1. Same units on both sides.

## Week Two is Add Friction. Last week you watched. This week you start moving furniture.

- ☐ DAY 8 — **The Urge Surf** One practice surf. Use the next real urge that shows up, whenever it shows up. One errand before Day 14. Find or order a cheap alarm clock. Card on page **7**.
- ☐ DAY 9 — **The notification cull** A lot of pickups start with the phone poking you. A buzz, a sound, a banner. Today, you silence most of them.
- ☐ DAY 10 — **Log out** Log out of your top feed app today. The one that eats the most time. Just the one.
- ☐ DAY 11 — **Out of sight** Take your feed apps off your home screen and bury them in a folder, ideally on the last page of your screens, with a boring name.
- ☐ DAY 12 — **Grayscale** Today you turn your screen gray. If the color hooks you, take the color away. If it doesn't, don't bother.
- ☐ DAY 13 — **Limits that don't need you to obey them** Set the rule while you're calm, so you don't have to argue when you're not.
- ☐ DAY 14 — **The phone sleeps somewhere else** Tonight, the phone sleeps outside your bedroom. The alarm clock goes on your nightstand. Checklist and the end-of-week sort on page **8**.

**Safety first.** If you're driving, biking, or crossing traffic, just listen.



# Coming back is the skill.

What's new is one short practice that repeats, five to fifteen minutes on most days, starting with reading on Day 17.

**Week Three is Replace.** You start swapping in things that actually meet the needs the phone was covering.

- ☐ DAY 15 **The need-matched menu** Today you build a menu. It's a short list of things to do instead of the feed, sorted by need. Menu on page **10**.
- ☐ DAY 16 **One full song** Pick one you actually want to hear all the way through, three or four minutes long. Then listen to the whole thing doing nothing else.
- ☐ DAY 17 **Reading** The standard version is ten minutes, with a timer, phone face down. The small version is one page, or five minutes.
- ☐ DAY 18 **The boredom walk** Today, you go out with nothing. No feed. No podcast. No music. No call. If you need audio for safety, like directions somewhere new or being reachable for a call, keep it.
- ☐ DAY 19 **Stretch it** Look back at the song, the reading and the walk. Which one felt the most doable? That's the one you stretch, and from now on it's your daily practice. Then sort Days 13 and 14: Keep, swap or drop each one.
- ☐ DAY 20 **Tyler's episode** Your own episode tonight. Put the phone across the room if you can, or keep it close but face down and silent if you really need it reachable. Have the twenty-second surf ready. One check doesn't cancel the episode.
- ☐ DAY 21 **Swap a slot** Today you take one scroll slot and give it a new job. Same place, same time, new job.

**Week Four is Rebuild.** That one's nine days, Days 22 to 30.

- ☐ DAY 22 **Bad Days Are Part of It** Today, you write your plan for bad days. If a night goes sideways, this is where to land the next morning. Card on page **11**.
- ☐ DAY 23 **The first focus block** Today you do one focus block. Ten minutes on one task. Card on page **12**.
- ☐ DAY 24 **A phone-free meal or outing** Today, one meal without the phone. Or one outing. If that's too much today, try just the first five minutes of a meal.
- ☐ DAY 25 **A new first part of the day** The move: the first ten minutes after you wake up, no feed.
- ☐ DAY 26 **A new last part of the day** Today you shape the last thirty minutes before bed, without the feed.
- ☐ DAY 27 **Intentional scrolling** Today you scroll. On purpose. It's one session, with a reply tucked inside it.
- ☐ DAY 28 **Choose your long one** Tonight's task is your longest stretch of attention so far, and how long depends on how your blocks have been going.
- ☐ DAY 29 **The second reality check** Number day again. One check, with three readings. On page **5**.
- ☐ DAY 30 **Write your defaults** Today is one of those three-part review days. Worksheet on page **13**.

That's thirty. Well done.

Each day gives you one move, usually with a smaller version for when the full one is too much.

**Safety first.** If you're driving, biking, or crossing traffic, just listen.



# That's not a grade. It's a starting point.

The whole point is to catch the gap between what you think happens and what does. So we're not watching the total. We're watching your one behavior.

DAY 1

## Set your baseline

**Part one.** Pick one specific behavior you want to change, and know what you'll count.

Pickups after 10 PM. Unplanned openings, the times you open an app without meaning to. Checks during meals.

**My behavior** _____

**Counted in** _____

**Part two.** Guess your number, in that behavior's own units. Say it out loud, if you can.

**My guess** _____

**Part three.** Pick one outcome that matters to you. A life number, not a phone number.

**My outcome** _____

If it can only count something close, use that as a stand-in, and name it once.

**My stand-in** _____

**Week One, night by night:** keep a quick note on your phone and write down the day's total each night. For your outcome, one line a night.

| NIGHT | DAY'S TOTAL | OUTCOME, ONE LINE |
|---|---|---|
| Night 1 | | |
| Night 2 | | |
| Night 3 | | |
| Night 4 | | |
| Night 5 | | |
| Night 6 | | |
| Night 7 | | |

If it turns out to be the wrong one, you can swap it on Day 7, and that day becomes your new starting point.

DAY 7

## The reality check

**This week's daily average** _____

**My Day 1 guess** _____

Same units on both sides. Then check in on your outcome. Read back your nightly lines. Not good or bad. Just how it went.

DAY 29

## The second reality check

First, your behavior. Same units, same stand-in as Day 7.

**Behavior now** _____

Second, your outcome. Count it as days out of the last seven.

**Days out of 7** _____

Third, your sense of focus. Not a number.

**My focus** _____

**Now look at anything that moved. Even a little. Give it a nod.** Then look at what didn't. Just notice it. No verdict. The only fair comparison is you on Day 7.

**Safety first.** If you're driving, biking, or crossing traffic, just listen.



# The purpose pause card

This move takes about one breath. Before you open an app, any app you tend to fall into, take one breath. And ask yourself two questions.

FRONT

**What am I here for? And where will I stop?**

BACK

One breath, what am I here for, where will I stop.

1. If the breath feels like too much, skip it and just ask the first question.
2. Half a second counts.
3. Ask anyway, once you're in. It's late, but it isn't too late.

Cut along the dashes  Fold on the dots  Or take a photo for your phone

## Same icon, same thumb, same screen. But one has a destination and the other doesn't.

**WITH A DESTINATION**

So you go to open a social app. One breath. What am I here for? "To reply to Maya's message." Where will I stop? "When I've replied."

**WITHOUT ONE**

Or. What am I here for? "Um. Nothing. I'm just here." Where will I stop? "No idea."

### Try it on the apps you tend to fall into

| THE APP | WHAT AM I HERE FOR? | WHERE WILL I STOP? |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

Tyler pauses before grabbing his phone mid-episode. What am I here for? He doesn't have an answer. He opens it anyway, which is allowed. But for the first time, he notices he doesn't have an answer.

If your friends and your feed share an app, that's normal; Day 10 has workarounds. Page **8**.

**Safety first.** If you're driving, biking, or crossing traffic, just listen. Every move, every setting change, every little exercise in this book waits until you're stopped and safe.



# The Urge Surf card

An urge feels like a command. Pick it up. Now. But if you watch one closely, it often behaves more like a wave. It rises. It peaks. And then, a lot of the time, it eases off.

FRONT · WHEN YOU HAVE A MINUTE

## The one-minute surf

1. Notice the pull.
2. Find where it sits.
3. Now one slow breath. In... and out.
4. Name the need.
5. Watch it for a moment.
6. And now choose your next action. Whatever you pick, pick it on purpose.

BACK · IN A MEETING, IN LINE, IN BED

## The twenty-second surf

1. Notice the pull.
2. One slow breath.
3. Name the need.
4. Let your hand stay where it is for one more breath.
5. Then choose.

Bored. Anxious. Lonely. Avoiding something. Tired. Wanting to connect.

Cut along the dashes  Fold on the dots  Or take a photo for your phone

## The phone's allowed in the room. The feed waits.

### Which urges to surf

So be choosy. Pick one or two a day that matter. For all the others, just notice. There's one. That's enough.

### About that minute

The urge might still be there when the minute's up. Smaller, or exactly the same size. That's okay. One different response is not nothing. It's the first rep.

### When you scroll anyway

No penalty. None. You didn't fail the program. Notice it. Oh, there I go. Then try again with a later one.

### Today's surfs

| WHERE IT SAT | THE NEED | WHAT I CHOSE |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

**Practice the twenty-second surf:** kalderno.com/brainrot/practice

**Safety first.** If you're driving, keep your eyes on the road and just follow along.



# Add Friction checklist

Mostly it's the furniture inside your phone: the stuff that keeps the feed one tap away, ringing a little bell at you all day long.

1. **Settings stack.** Keep each day's change in place unless you're deliberately swapping it.
2. Give every change at least three days before you judge it. The first day is usually just annoying.
3. If something doesn't help, don't try harder at it. Pick one of its alternatives.
4. **Friction isn't willpower.** When the feed takes eight taps instead of one, the extra taps do some of the arguing for you.

## ☐ DAY 9 The notification cull

☐ Keep ☐ Swap ☐ Drop

What stays on: messages and calls from people, login codes, and any work or caregiving alerts you depend on. For apps that mix people and feed, keep the messages and switch off the rest inside the app. What goes: nearly everything else.

SMALLER switch off everything but messages for your top three feed apps, the ones you'd have named on Day 1.

**Test it first.** Pick your Favorites, allow the apps an emergency would come through, and ask one person to test it. If it comes through, good. If it doesn't, fix that route before you trust it.

## ☐ DAY 10 Log out

☐ Keep ☐ Swap ☐ Drop

Log out of your top feed app today. The one that eats the most time. Just the one. When you log back in, say no to "save login info" or "remember me."

Friends and feed in one app? Stay logged in and put the friction on the feed instead.

SMALLER put a delay in front of the app without logging out.

**First, the key.** Before you log out, make sure your password is saved somewhere safe and that you can actually get the login code. The friction comes from being logged out, not from losing the key.

## ☐ DAY 11 Out of sight

☐ Keep ☐ Swap ☐ Drop

Take your feed apps off your home screen and bury them in a folder, ideally on the last page of your screens, with a boring name. Put things there you want to use: maps, calendar, notes, audiobooks.

SMALLER just move your single worst app off the first page.

The fix: move the folder again. Different page, different spot. **If you have to look for it, you have to mean it.**

### How this week might feel

Irritating, probably. You go to tap the feed and it's not there. You reach for the phone in bed and it's in the kitchen. That's usually strongest in the first few days, and then it fades. If it feels like a lot, use rule three. You don't have to suffer to do this right.

**Safety first.** Never silence or move away from calls or alerts you depend on. That means caregiving, on-call work, baby monitors, medical devices like glucose monitors, and accessibility tools. Those come first, always.



# The bed is for sleeping.

## ☐ DAY 12 Grayscale

☐ Keep ☐ Swap ☐ Drop

Grayscale takes the color out of everything. Search your settings for grayscale or color filters. Use it whenever you're about to fall into a feed. Or keep it on in the evenings.

SMALLER turn grayscale on only for the hour before bed.

Skip grayscale entirely if you rely on color for accessibility or for your work. Go straight to the in-app reminder.

## ☐ DAY 13 Limits that don't need you to obey them

☐ Keep ☐ Swap ☐ Drop

A daily cap counts your total minutes in an app across the whole day. A timed session is "twenty minutes, starting when I start," run on a plain timer like the oven or the app's own reminder. A schedule blocks apps during set hours, every day. Set it while you're calm.

To make it a lock, where your phone has it: set a Screen Time passcode and turn on Block at End of Limit, or Block at Downtime, and getting past it takes the code.

SMALLER one schedule, on one app, ending at a time you already stop on a good night.

If you know you'll tap past anything, a friend can set that passcode for you. Just keep it safe: it's only the Screen Time code, never your phone or account passwords, your essentials are marked Always Allowed first, and you can always reset it yourself with your own account.

**If you override a limit three times in a week, the setting is wrong. Not you.**

## ☐ DAY 14 The phone sleeps somewhere else

☐ Keep ☐ Swap ☐ Drop

Tonight, the phone sleeps outside your bedroom. The alarm clock goes on your nightstand. The phone charges in the kitchen, the hallway, wherever. You wake up to the clock, not the phone.

SMALLER leave the phone charging at the other end of the room, face down. Out of arm's reach. That still changes a lot.

On-call job, or someone who depends on you at night? Set up your Focus or Do Not Disturb the way you did on Day 9, with your on-call line, your emergency contacts and the app the alert really comes through. If calls you depend on overnight can come from numbers you haven't saved, the phone stays where you'll clearly hear it, ringer on, and you use the across-the-room version or skip this day.

### The end-of-week sort

**Keep.** It helped, or at least it didn't hurt, and you'll leave it in place.

**Swap.** It didn't quite work, but you want the idea. Pick one of its alternatives.

**Drop.** It didn't help, and you're letting it go. That's allowed.

Only sort the changes that have had their three days: Days 9 to 12. You'll sort those on Day 19, in Week Three.

Watch for this: you put the phone in the kitchen, lie in bed for ten minutes, think "I'll just check one thing," and go get it. If that happens, notice it, and make the trip harder. Charge it somewhere less convenient. And on bad nights, the urge surf works in bed too.

Tyler's sort: keep the notification cull, keep logging out, keep search-only, swap grayscale for the in-app reminder. His Downtime and the alarm clock wait for Day 19, though he already suspects the orange cube is staying.

**Safety first.** That's the safety note from the Introduction, and it comes first. The book's help note is on page **14**.



# The need-matched menu

It's a short list of things to do instead of the feed, sorted by need. Each need gets three sizes: a two-minute option, a ten-minute option and a thirty-minute option.

| THE NEED | TWO MINUTES | TEN MINUTES | THIRTY MINUTES |
|---|---|---|---|
| **Bored.** Bored usually wants something to do with your hands or your eyes. | a single page of a book, a few rows of a crossword, or doodling on the back of a receipt. MINE | a short chapter, a puzzle, or a few chords on a guitar if you play. MINE | cooking something new, a longer chunk of a book, or a project you abandoned in a closet. MINE |
| **Lonely.** This is one need where the phone is often welcome, because loneliness tends to want people. | send a voice note to an actual friend. Not a like, not a reaction. Your voice. MINE | call someone. MINE | meet someone. Or spend proper time in an online community where you know people's names and they know yours. MINE |
| **Anxious.** Anxiety tends to want your body to settle a bit. None of these is treatment for anxiety. They're just better places to put your hands than a feed full of bad news. | a few slow breaths, or a glass of water, drunk slowly. MINE | a walk around the block. MINE | a longer walk, a shower, some stretching, or tidying one room. MINE |
| **Avoiding something.** This one's sneaky, because what you need isn't a distraction. It's a start. | open the file you're dodging and write one sentence, or answer one line of the email. MINE | work on it until a timer goes off. MINE | really dig in. MINE |
| **Tired.** Tired wants rest. | close your eyes and sit still. MINE | lie down. MINE | go to bed. MINE |

So make the two-minute options embarrassingly small. If an option is so small you feel silly writing it down, it's probably the right size.

Wanting to connect isn't on the menu, because it's already a good need, and the phone is often exactly the right tool. Just use it on purpose.

Treat every column as a guess to test. Write it down somewhere you'll see it. A note on your fridge, a card in your wallet, or a note on your phone's home screen, where the feed apps used to live.

DAY 21 **Swap a slot** Same place, same time, new job.

Pick one. Then think about which need usually shows up there, using your Day 3 labels. Then pick a matching item from your Day 15 menu.

**My slot** _____ **The need** _____ **My swap** _____

**Safety first.** If you're driving, biking, or crossing traffic, just listen.



# The bad-day plan card

Now your bad-day plan. It's one sentence, in a particular shape. Say it to yourself, out loud if you can, the moment you notice the slide.

FRONT · THE MOMENT YOU NOTICE THE SLIDE

## That was one night, not the plan.

You don't have to feel better when you say it, or fully believe it.

THE NEXT MORNING

1 First, note the trigger and the need.

2 Second, restore any friction that slipped.

3 Third, do today's move and skip the punishment.

If this happens, then I do that.

**If** _____

**then I** _____

Cut along the dashes  Fold on the dots  Or take a photo for your phone

### Your if-then

Pick your most likely bad moment. Make one if-then for it. Then say it out loud.

For example: If it's past 11 and I'm in the feed, I plug the phone in outside the bedroom.

Or: If I get bad news by text, I do the twenty-second surf before I open anything else.

**If** _____

**then I** _____

Make the "then" small enough to do while you're upset and tired. **Decide now, so later you only have to follow.**

### One bad night versus a rough patch

One bad evening is just weather. If three or so of those land within any seven days, treat it as a sign the plan doesn't fit your life right now. Not that you're failing it. So adjust. Drop to the smaller versions for a while.

### The morning after

I'm still here. I can do today.

You don't need to be fine. You just need to be the next morning.

### If it's more than a bad night

If it's tangled up with low mood or real trouble at work or home, go back to the safety note in the Introduction; that's taking it seriously, not dropping out. It is on page **14**.

### The usual suspects

Bad days have a few favorite triggers. Here they are, matched to your Day 15 menu.

**Stress.** Usually "anxious." Three slow breaths, a glass of water, the ten-minute walk.

**Loneliness.** Lonely column. A voice note or a call to a real friend.

**Deadlines.** Usually "avoiding something." Answer the loudest need first.

**Vacations and the holiday season.** Your routines vanish. Pick from bored or connect.

**Illness.** Tired column, mostly. Lower the bar.

**Safety first.** If you're driving, biking, or crossing traffic, just listen.



# The focus block card

Today you do one focus block. Ten minutes on one task. Or twenty-five, if ten feels too easy and twenty-five feels comfortable.

FRONT

**One task, a timer, the return, and a line for what's next.**

If you came back even once, that was a good block.

BACK

1. First, name your one task out loud. Not "work." Something with edges.
2. Now decide where the phone goes. Face down, or in another room.
3. Now say the very first step you'll start with.
4. Set the timer, start with that first step, and when the timer goes off, before you touch the phone, end with your handover line from Day 4.

Cut along the dashes  Fold on the dots  Or take a photo for your phone

## Set it up

"For the next ten minutes, I'm doing twenty flashcards."

**For the next** _____ **minutes, I'm doing** _____

☐ Phone face down ☐ Phone in another room

**My first step** _____

Not "do the emails." "Open the one from Dana."

## The handover

Before you finish a task, say or jot down the very first step of the next one. Not "do the report." "Open the report and read the last paragraph."

**My handover line** _____

It won't catch every reach. It gives the gap a job.

## Your blocks

Did you do some of the task? Not all. Some. And roughly how many times did you drift, and how many times did you come back?

| BLOCK | THE TASK | MINUTES | DRIFTED | CAME BACK |
|---|---|---|---|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

If you need it for a login code, keep it at hand, face down. Code in, phone back down.

Smaller version: five minutes. Same setup, half the time. The handover line still counts.

You're practicing the return. Drift, notice, come back.

**Safety first.** If you're driving, biking, or crossing traffic, just listen.



# Write your defaults worksheet

Your defaults are what you do on a normal Tuesday without trying.

## 1 First, three to five personal rules.

Short ones that are true for you. “The phone sleeps in the kitchen.” “No feed before I’ve had tea.”

1 _____

2 _____

3 _____

4 _____

5 _____

**Ten is a wish list. Keep it to five or fewer.**

## 2 Second, your friction.

Check which of your Week Two settings actually block and which only remind you.

| SETTING | BLOCKS | REMINDS | KEEP |
|---|---|---|---|
| The notification cull | ☐ | ☐ | ☐ |
| Log out | ☐ | ☐ | ☐ |
| Out of sight | ☐ | ☐ | ☐ |
| Grayscale | ☐ | ☐ | ☐ |
| Limits, Day 13 | ☐ | ☐ | ☐ |
| Phone sleeps elsewhere | ☐ | ☐ | ☐ |

Then retire anything you want to drop one piece at a time: leave it off for a week, watch your behavior tally, and put it back if the tally climbs.

## 3 Third, one if-then for your hardest moment. Is your Day 22 plan still the right one?

**If** _____ **then I** _____

## The five-minute monthly check-in

Once a month, give yourself five minutes. Pick an easy date, like the first of the month or payday.

**Behavior.** Your chosen behavior, the one from Day 1. Is it holding, creeping up, or still dropping?

**Outcome.** Your personal outcome. Sleep, dinner, the episode, the finished task. How’s it going?

**Rules.** Your rules from Day 30. Say them out loud. Are you still doing them? Do they still fit?

| MONTH | BEHAVIOR | OUTCOME | RULES FIT |
|---|---|---|---|
| Month 1 | | | ☐ |
| Month 2 | | | ☐ |
| Month 3 | | | ☐ |
| Month 4 | | | ☐ |

**For all of it, keep the principle and adjust the setting.**

**Safety first.** If you’re driving, biking, or crossing traffic, just listen.

FROM THE END OF THE BOOK

# See it. Add friction.
# Replace. Rebuild.

And when a bad day comes, treat it as information, not a verdict. Not a perfect phone life. Just one you're choosing more of the time.

### Match the sign to the fix

Each sign points to one part of the program. Bring back the piece that fits.

1. If it's night scrolling, bring back the Day 14 setup.
2. If it's mindless opening, the "how did I get here" kind, bring back the purpose pause from Day 5.
3. If it's an empty, restless feeling, where nothing grabs you and you keep picking the phone up anyway, go back to your Week Three menu.
4. If your focus is fading and work feels like wading through mud, return to the Day 23 blocks.

**One sign, one fix. Most of the time, that's enough.**

THE KIT PAGE, FREE

## kalderno.com/brainrot

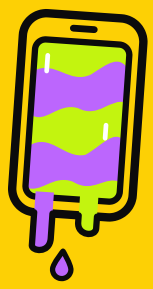
Scan to get this kit again, to print a fresh copy, and for what comes next from Mariah Renner. If the book helped you, a rating on Spotify helps the next listener find it.

**Practice the moves, free:** kalderno.com/brainrot/practice

**The book's help note.** This program is for anyone whose phone habit is getting in the way. But a book isn't a substitute for real help. If you've had brain fog or low mood for a long time, or your phone use is seriously hurting your work, your sleep or your relationships, please see a doctor or a therapist as well. This program can run alongside that help. It can't replace it.

**And if you're ever in crisis, thinking of harming yourself, or someone is in danger, call your local emergency number. That's 911 in the US.**

I'm not a doctor and I'm not a neuroscientist.



Tomorrow morning, the alarm goes off. Wherever your phone slept, let it stay there for ten minutes.