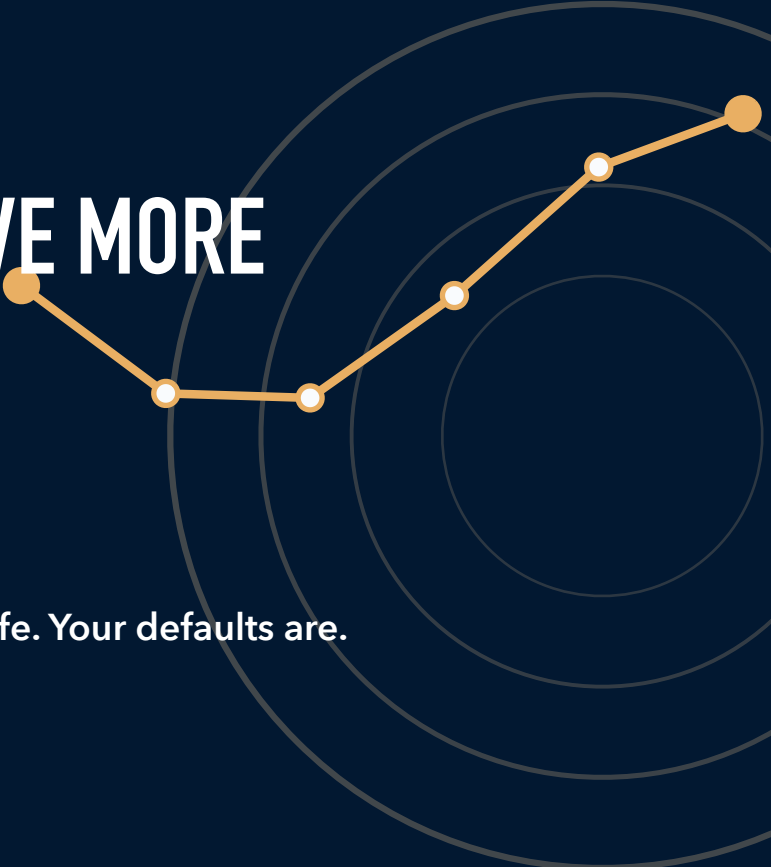


SCROLL LESS, LIVE MORE



A 14-Day Attention Reset

Your phone is not stealing your life. Your defaults are.

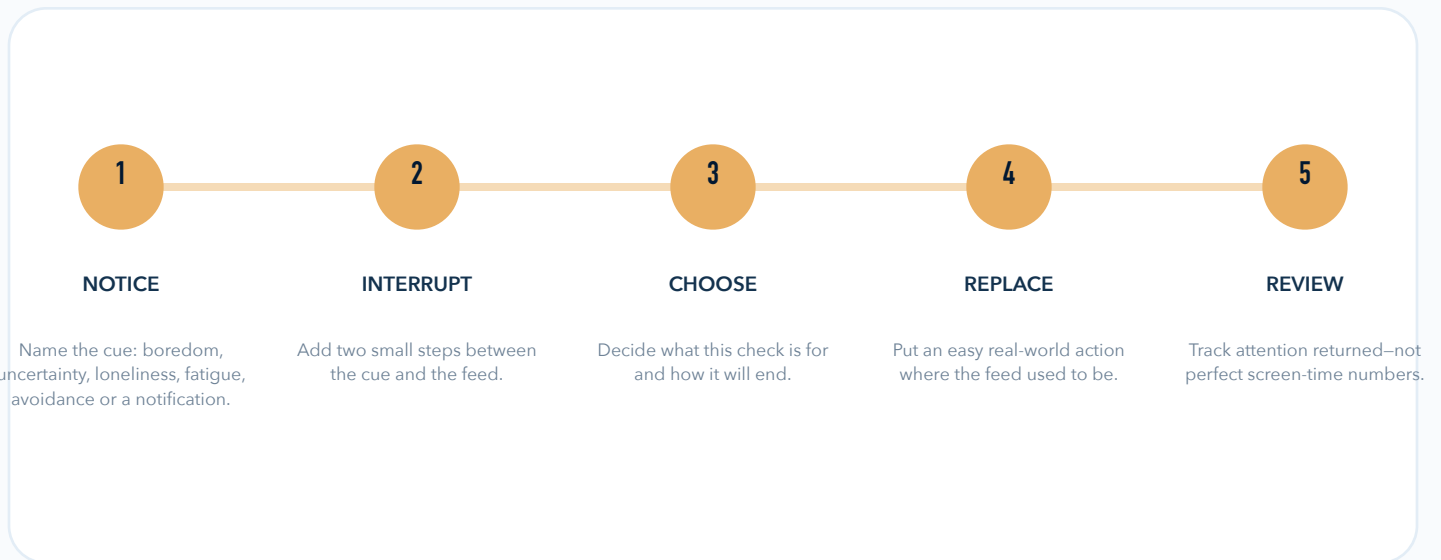
THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

01 / UNDERSTAND THE PATTERN

ATTENTION FOLLOWS THE PATH WITH THE LEAST FRICTION

Doomscrolling is rarely a simple failure of discipline. Feeds remove stopping cues, deliver novelty and make checking almost effortless. This workbook redesigns the defaults around your attention while keeping essential access intact.



WHAT THIS CORE EDITION HELPS YOU DO



CORE OUTCOME 01

See the cue-to-feed loop clearly.

CORE OUTCOME 02

Add friction without making your phone unusable.

CORE OUTCOME 03

Protect the first and last parts of the day.

CORE OUTCOME 04

Replace passive scrolling with specific real-world actions.

02 / USE THE ACTION CARD

THE BEFORE-YOU-OPEN CARD

1

NAME

What cue am I responding to?

2

PURPOSE

What exact answer or action do I need?

3

BOUND

Set the timer and stopping cue.

4

CHOOSE

Would the prepared five-minute replacement serve me better?

5

CLOSE

Put the phone in its parking place and begin the next action.

WRITE THE FIRST REAL STEP

The attention I want back is for...

03 / CHECK IN + CHOOSE THE NEXT LEVEL

CORE CHECK-IN

● The pattern I noticed is...

● The smallest safer or more useful move is...

● The person, place, or support that helps is...

SCOPE + SAFETY

This is an educational behaviour-change workbook, not treatment for ADHD, anxiety, depression, trauma, insomnia or another condition. Seek qualified support when screen use or distress is seriously affecting safety, sleep, work, school or relationships.

CORE OR EXTENDED?

CORE / FREE

THE FIRST MOVE

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99

THE FULL SYSTEM

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: PEER-REVIEWED RESEARCH / EVIDENCE NOTE / RESPONSIBLE-USE NOTE

EXTENDED: <https://championverse.com/7-99-scroll-less-live-more-a-14-day-attention-reset-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

CORE 4/4