



NO

Phone

Planner

How does it work?



The No-Phone Planner is a thin booklet that helps you get the most productive out of your day with peace and clarity. This planner is especially for girls who are struggling with their device/phone addiction and if you generally feel like your phone is completely keeping you away from the daily priorities and things you actually wanted to do.

So you fill in once what you want to get done every day during your week, so that you can get everything done and know that you will get it done.

You also fill in the planner with what you would like to do on your device that day.

This way you open your phone with a purpose, and this will ultimately reduce the need for you to uselessly browse around social media.

In this way I hope to help you do everything in your life for the glory of the Lord Jesus Christ,

XXX Eva

Example

1. Morning Bible reading

2. Working on school project

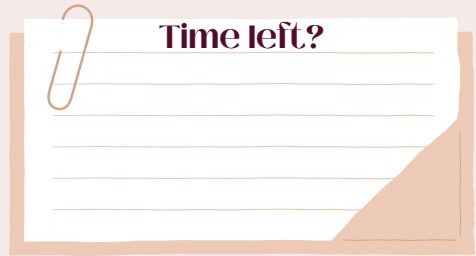
3. Answering all my important e-mails

4. Reading book

5. Family time! (games, study, etcetera)

6. Prayer walk

7. Watch 1 online Bible study or Christian video



Time left?

Monday

1.

2.

3.

4.

5.

6.

7.

Tuesday

Time left?

1.

2.

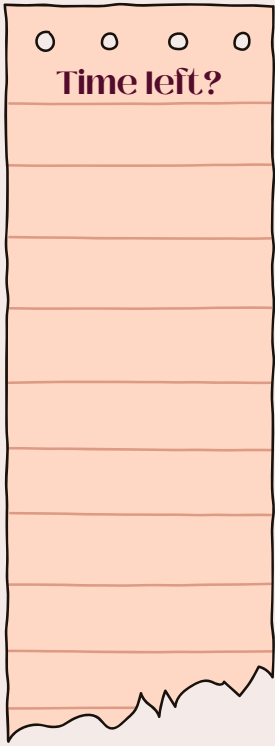
3.

4.

5.

6.

7.



thursday

Friday

1.

2.

3.

4.

5.

6.

7.

Sabbath

1.

2.

3.

4.

5.

6.

7.

Extra

Fill things in here that you would like to do if you have time left, but do not easily make time for it

1.

2.

3.

4.

5.

6.

7.

*So whether you eat or
drink or whatever you
do, do it all for the glory
of God.*

-1 Corinthians 10:31-



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