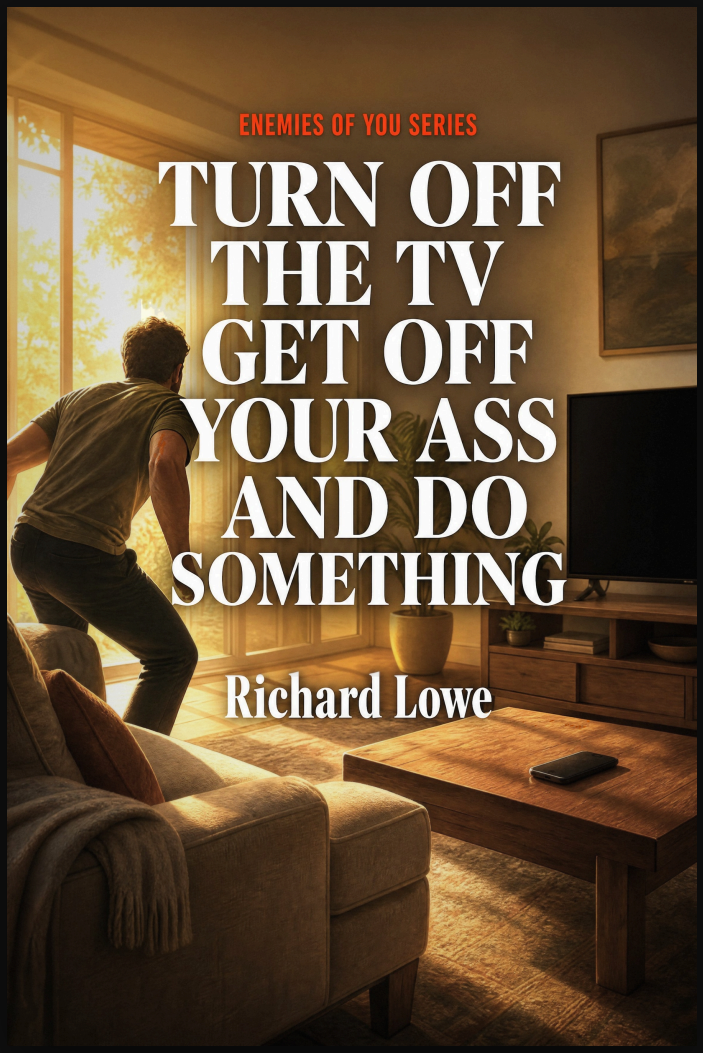
A FREE COMPANION TO TURN OFF THE TV, GET OFF YOUR ASS, AND DO SOMETHING

The Thirty-Day Redirect

A day-by-day workbook for taking your evenings back from the screens and pointing the hours at something you are building.



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How to Use This Workbook

A redirect points the hours somewhere else. You keep the screens and change what they're for.

Turn Off the TV, Get Off Your Ass, and Do Something draws one line through every device you own. On one side you are an audience member. On the other you are a contributor. Screen time totals matter less than one question: who controls the session?

This workbook walks you through the book's thirty-day plan, one week at a time, with a place to write everything down. Paper matters here. You want these numbers in the physical world, not on another screen.

Three ground rules

- [ ] This is not a competition. No prize for radical change, no punishment for slipping
- [ ] You will slip. Note it, move on, try again the next day
- [ ] The goal is choosing when to watch or scroll. You don't have to quit either one

Before Day 1: Name Your Redirect

Every time this plan asks you to stop something, the question is what goes in that space instead.

Pick one specific thing that has been waiting for the hours: the financial clarity you keep meaning to get, the skill you keep putting off, the health habit, the community, the project. “Be more productive” doesn't count. One concrete thing.

THE ONE THING I'M BUILDING	
WHY IT KEEPS WAITING	
WHAT IT WILL LOOK LIKE ON DAY 30, EVEN IF SMALL AND ROUGH	
DAY 1 DATE	

> *The thirty days are for building what is on the contributing side of the ledger as much as for shrinking the consuming side.*

Week One: The Audit (Days 1 to 7)

You cannot change habits you cannot see. This week changes nothing. It turns the lights on.

Days 1 and 2: The numbers

Last week's total screen time (from the phone's tracker): _____

RANK	APP USING THE MOST TIME	HOURS LAST WEEK
1		
2		
3		

Days 3 to 5: Why did I pick it up?

Every time you pick up the phone, pause two seconds and answer honestly. Make a tally mark.

REASON	DAY 3	DAY 4	DAY 5
Boredom			
Habit			
Anxiety			
A specific task			
No reason I can name			

Days 6 and 7: Subscriptions and the rest of the picture

RECURRING CHARGE (STREAMING, APPS, SERVICES)	MONTHLY COST	USE IT? OFTEN / RARELY / NEVER
TOTAL PER MONTH		

Times a day I check work email or messages outside work hours	
Betting sessions this week; net over 30 days (if it applies)	
Do I reach for AI before or after I've thought it through?	
Fitness tracker: informing my choices or making me anxious?	

Week Two: The First Cuts (Days 8 to 14)

One change in each of three areas. Just one per area. Resist the urge to do everything at once.

- [ ] **Phone:** turn off every non-essential notification. Only actual people who want to reach you should make it buzz
- [ ] **Subscriptions:** cancel the streaming service you use least (or the one you had to think hardest about). Cancelled: _____
- [ ] **Evenings:** one weeknight with no screen after 7 PM, planned in advance
- [ ] **If work messaging showed up in the audit:** check email and Slack only three times a day (morning, midday, late afternoon); take both off the home screen
- [ ] **If betting showed up in the audit:** delete the betting apps. Distance and delay come first

MY SCREEN-FREE NIGHT IS	
WHAT I'LL DO WITH IT (READ, COOK, CALL SOMEONE, WALK)	
HOW IT WENT	

Week Three: Building Alternatives (Days 15 to 21)

Reduction only works if replacement happens at the same time.

- [ ] **Day 15:** put a physical book where you can see it from the couch. Title: _____
- [ ] **Day 16:** take the first real step on your redirect: get the materials, make the call, sign up, set up the workspace
- [ ] **Days 17 to 19:** a daily walk, twenty minutes minimum, no headphones for this first week
- [ ] **Days 20 and 21:** expand to two screen-free evenings a week, each planned before it starts

DAY	15	16	17	18	19	20	21
Walked							
Read							
Worked on my redirect							

The enemy of the intentional evening is 8 PM with no plan and the remote within reach. Decide what the evening is for before it starts.

Week Four: Consolidation (Days 22 to 30)

The changes become yours. You have three weeks of data. Use it.

	DAY 1	DAY 22
Weekly screen time		
Top app and its hours		
Monthly subscription total		
Screen-free evenings a week		

- [ ] **Days 23 to 25:** delete or disable the one social media app that costs you the most and leaves you feeling worse. You know which one. App: _____
- [ ] **Days 26 to 28:** have one real conversation that would have been a text. Call, meet, knock on the door. With: _____
- [ ] **Days 29 and 30:** the 48-hour redirect. No feeds, no streaming, no browsing. Keep calls, messages and work tools

Plan the 48 hours

BLOCK	WHAT FILLS IT (THE BOOK, THE WALK, THE PROJECT)
Day 29 morning	
Day 29 afternoon	
Day 29 evening	
Day 30 morning	
Day 30 afternoon	
Day 30 evening	

No clean two-day window? Three evenings in a row work. The point is the pause, not the duration. Every time you reach for the phone out of habit, that reflex is what you came to see.

Day 30

WHAT I BUILT OR STARTED	
WHAT FELT EASY	
WHAT FELT LIKE DEPRIVATION	

After Day 30: Keep the Default Changed

The book's dividing line: does this tool make me more capable, or does it make me more dependent?

Keep or cut

List the apps and services left on your devices. Ask whether using each one leaves you with something (finished work, useful information, a completed task) or with a vague sense of having been somewhere online for a while.

TOOL	MORE CAPABLE OR MORE DEPENDENT?	KEEP OR CUT	RULE FOR USING IT

My defaults

TIME OF DAY	THE BOOK'S DEFAULT	MINE
Morning	Work tools only. No social media, news or browsing	
Midday	A real break. No phone while eating or walking	
Afternoon	More work. Messages at set times	
Evening	Chosen activity. A show you picked, turned off when it ends	
When bored	Something real, not the phone	

The drift check (every few months)

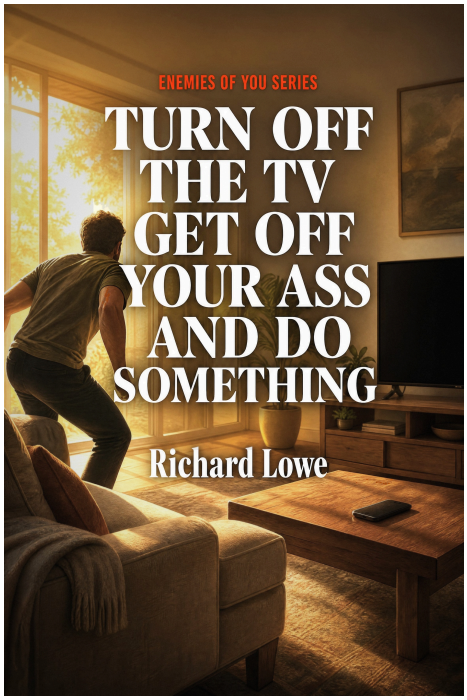
- [ ] Has a platform I kept for work started working as a personal one?
- [ ] Has a news source turned back into a scroll habit?
- [ ] Did one specific search turn into forty minutes of related videos?
- [ ] Is the inbox pulling at me again whenever work gets stressful?
- [ ] For each thing that crept back: is this serving me, or am I serving it?

If the drift has piled up, run the thirty days again. That's what the template is for.

> *The thousand hours are there. They have always been there. They are going somewhere right now. Decide where. Then start.*

The Whole Story

This workbook gives you the thirty days. Turn Off the TV, Get Off Your Ass, and Do Something shows you what you are up against: how television, the news, social media, streaming, betting apps and AI are built to keep you in the audience seat, and how to cross the line to the contributing side of every one of them.



Turn Off the TV, Get Off Your Ass, and Do Something: Getting Your Time Back From the Screens
Enemies of You

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