THE 30-DAY RESET



A Step-by-Step System to Break
Phone Addiction, Kill Procrastination,
and Finally Stick to a Routine.

ALEX NORTH

FREE PREVIEW

Week 1 — *Days 1 to 7*

This is a free preview of **The 30-Day Reset** by Alex North: the complete Week 1 of the system, exactly as it appears in the book.

How to use it

Do one day each day. Don't skip ahead. Every day is a single, concrete task: you don't need motivation, only the next step.

When you see references to chapters (for example "Chapter 4" or "your Minimum Viable Routine"), those live in the full book, where the why and the how of each exercise are explained. For this week, just do what each day says.

What you'll have by Day 7

A quieter phone, an anchored morning, and your first written weekly review.

Free to share.

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PART 3 · DAYS 1–7

Week 1 — *Regain Control*

Killing Digital Fires, Cleaning Up the Phone, Reclaiming Morning Hours

This week's focus: Week 1 is not about becoming a new person. It's about stabilizing the two biggest sources of chaos identified in Part 1: your phone environment and your mornings. Nothing in Week 1 requires extraordinary effort — it requires precise, one-time environmental changes plus your Minimum Viable Routine, executed daily without exception.

DAY 1

The Environmental Reset

Execute every change from Chapter 4 in one sitting: phone charger moved out of the bedroom, home screen stripped to tools only, distracting apps buried or logged out. This is a physical task, not a motivational one — block 30 minutes and do it mechanically. Minimum Viable Version required today: your MVR from Chapter 6, no matter how long the setup takes.

DAY 2

The Morning Anchor

Set one fixed wake-up time you will use every day this week, including weekends, and place your Minimum Viable Version of your keystone habit within the first 20 minutes of waking, before you touch your phone at all. The goal isn't a perfect morning — it's a phone-free first 20 minutes, every day, starting today.

DAY 3

The Notification Purge

Go through your phone's notification settings app by app. Disable everything except calls, texts, and a short list of essential apps (banking, calendar). This single change removes dozens of daily "invitations to check your phone" that you never consciously agreed to.

DAY 4

Expect the Wobble

This is close to the point where the old Restart Loop pattern would often have broken you (see Chapter 1). Today, you are not aiming for the Full Version of anything — you are aiming to simply not skip the Minimum Viable Version. If you feel the urge to abandon the whole thing, re-read Chapter 1's Takeaway before making any decision.

DAY 5

The One-Tab Rule

During any focused block today (work, study), keep exactly one browser tab or app open — the one you need. Close everything else before starting. Notice how much of your "distraction" was never really about willpower, but about how many open doors your attention had to wander through.

DAY 6 Weekend Environment Check

Weekends often quietly undo weekday progress because the environment reverts (phone back on the nightstand "just this once"). Today, re-audit your bedroom and workspace against Chapter 4's checklist. Fix anything that's crept back.

DAY 7 Week 1 Review

Answer in writing: How many days did you hit at least your Minimum Viable Version? (If it's 5 or more out of 7, you are ahead of the vast majority of people who attempt a reset.) What was the hardest moment of the week, and what specific trigger caused it? Carry that answer into Week 2 — you'll need it.

WHAT'S NEXT

Did Week 1 *work?*

That was 23% of the system. Weeks 2, 3 and 4 (Days 8 to 30) are still ahead: discipline, deep focus and consistency, plus the chapters that explain why each step works and what to do when you fall off.

The full book includes

- The complete 30-day system, one step a day
- The 9 chapters of diagnosis and foundations
- The emergency protocol for the day you slip
- Printable tools for daily use

PDF, instant download.

Get the full book

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