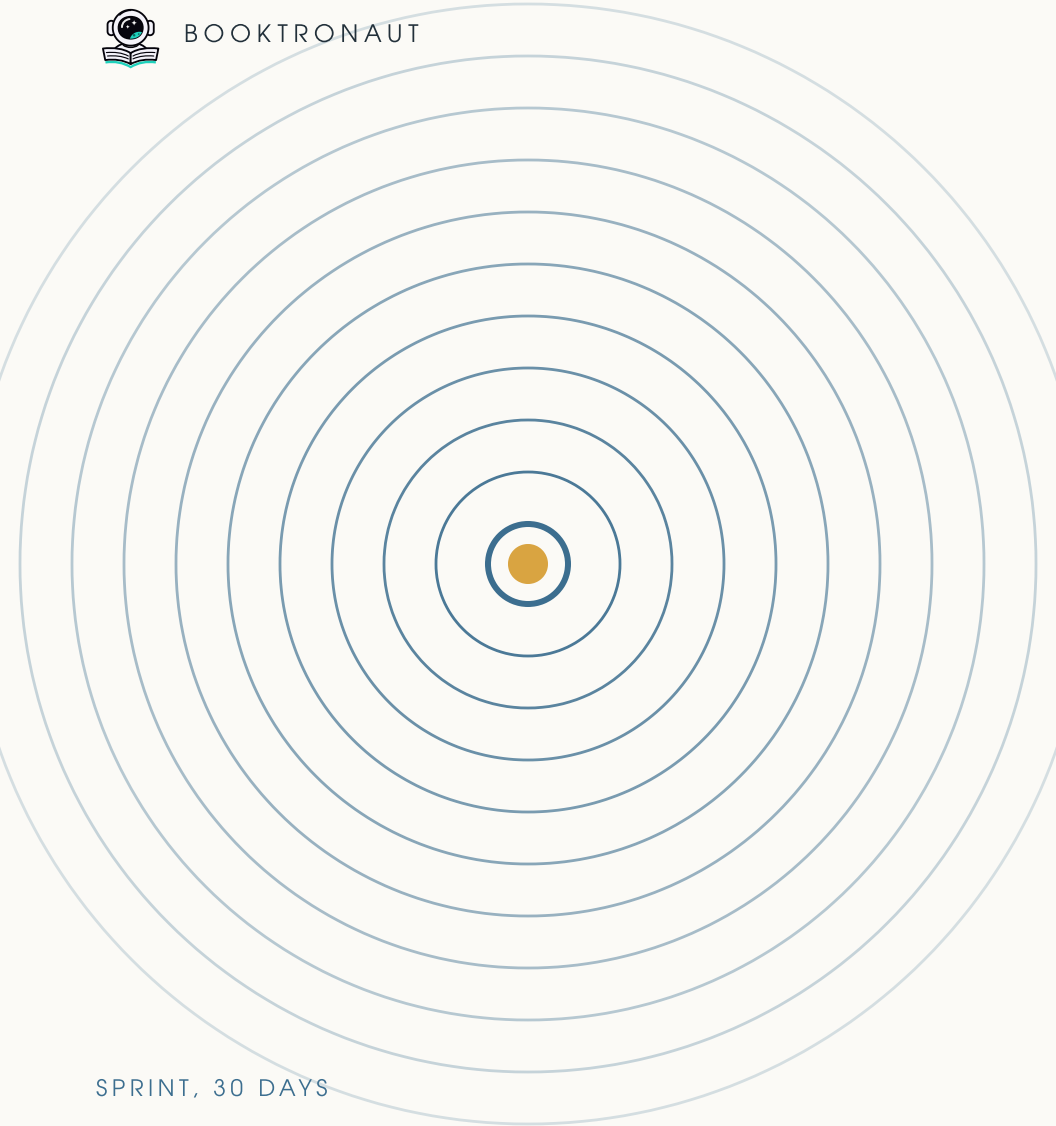
BOOKTRONAUT



SPRINT, 30 DAYS

The 30 Day Focus Reset

Get your attention back without apps, willpower or moving to a cabin in the woods.

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Written by Booktronaut. First edition, 2026.

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This book offers practical habits for everyday focus. It is not medical advice. If attention problems seriously affect your work, studies or relationships, talk to a doctor or a qualified professional.

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START HERE

You Are Not Broken

Let's get one thing out of the way. If you can't focus the way you used to, it's not because you're lazy.

You carry a device that was designed by very smart people to be hard to put down. Your job probably runs on chat messages that expect an answer in minutes. Your evenings compete with endless video, endless news, endless everything. And you are trying to read a book, finish a report or simply think one thought all the way to the end.

Of course it's hard.

The good news is that attention behaves a lot like a muscle that got used to the wrong exercise. It isn't gone. It's trained for short bursts. For thirty days, we'll train it for something else.

Why no apps

There are hundreds of apps that promise to help you focus. Some are fine. But using a phone to fix a phone problem is like solving a sugar habit with a different flavor of candy. This book uses a pen, a timer, a few rules and your own surroundings. That's it.

How it works

Every day has one small practice. Most take about ten minutes. A few ask you to change something in your environment once and then leave it alone.

The thirty days are split into four weeks.

1. **Notice.** You find out where your attention actually goes.
2. **Clear.** You remove the biggest thieves.
3. **Build.** You train longer stretches of focus.
4. **Protect.** You make the new habits hard to break.

You will miss a day. Everyone does. The rule is simple. Never miss two in a row. Just continue from where you stopped.

BEFORE DAY 1

- [ ] Get a small paper notebook. This is your focus log.
- [ ] Find a timer that is not your phone. A kitchen timer is perfect.
- [ ] Write today's date and one sentence about why you want your focus back.

WEEK 1

Notice

You can't fix what you can't see. This week you change almost nothing. You just watch, and write down what you see. It sounds too simple. It is the most important week of the thirty.

Day 1. The interruption count

Today, every time you switch away from what you meant to do, make a small mark in your notebook. Picked up the phone? Mark. Opened a new tab for no reason? Mark. Checked messages in the middle of a task? Mark.

Don't judge. Don't try to stop. Just count.

At the end of the day, write the number down. It will probably be bigger than you expected. That number is not a grade. It's a starting point, and you'll compare it to day 30.

Day 2. The trigger hunt

Keep counting. But now, next to each mark, write one word about what happened just before. Bored. Stuck. Notification. Anxious. Waiting.

By the evening you'll see your top three triggers. For most people, the big one is not notifications. It's the moment a task gets slightly hard or slightly boring. The urge to switch is your brain looking for a quick reward.

Day 3. The phone diary

Check your phone's screen time report for the last week. Most phones have one in the settings. Write down three numbers in your log. Total daily time, number of pickups, and the app that takes the most.

Then write one honest sentence. "If someone else spent their time like this, I would tell them..."

Day 4. The best hour

Think back over the last week. When did you feel most clear and most capable? Morning, after lunch, late evening?

Write down your best hour and your worst hour. Over the next weeks, we'll protect the best one for your most important work and stop wasting it on email.

Day 5. The single task test

Pick one small task that takes about fifteen minutes. Answering an email properly, cleaning a drawer, reading a chapter.

Set your timer. Do only that task until the timer rings. When you notice yourself drifting, just come back. No drama.

Afterwards, write down how many times you drifted and how it felt. Many people describe it as weirdly calm.

Day 6. The attention budget

Your attention is limited every day, like money in a wallet. Every switch, decision and notification spends a little.

Make two columns in your log. On the left, things that spent your attention today without giving much back. On the right, things that were worth it. Be specific.

Day 7. The review

Read your log from the whole week. Answer three questions.

1. What is my biggest attention thief?
2. What is my most common trigger?
3. What surprised me most?

You now know more about your attention than most people ever do. Next week we start clearing.

> *You don't need more discipline. You need fewer things fighting for it.*

WEEK 1 LOG

Write freely. What changed, what didn't, what you want to try next week.

WEEK 2

Clear

This week you remove the easiest distractions. Not all of them. Just the ones that give you the most peace for the least effort. Most changes here take five minutes once and then work every day without you thinking about them.

Day 8. Notification clean out

Go through every app on your phone. For each one, ask a simple question. Does a human being need to reach me through this right now?

If the answer is no, turn notifications off. News, shopping, games, most social apps, most email. Keep calls, messages from real people and anything genuinely urgent for work or family.

It feels scary for a day. Then it feels like someone turned down the volume on the world.

Day 9. The home screen reset

Move every app that steals your attention off your home screen. Put them in a folder on the last page. Keep only tools on the first screen. Maps, camera, calendar, notes, messages.

You're not deleting anything. You're adding a little friction, and friction is where choices happen.

Day 10. The phone parking spot

Choose a fixed place for your phone when you're working or at home in the evening. A shelf, a drawer, another room. Not your pocket, not the table in front of you.

Research on this is still developing, but many people find that simply having the phone in sight makes it harder to concentrate. Try it and judge for yourself.

Day 11. The tab purge

Close every browser tab you have open. Yes, all of them. If one is truly important, write it down or bookmark it.

From today, use a simple rule. If a tab has been open for more than a day, it's not a task. It's guilt. Close it.

Day 12. The batch rule

Pick two or three fixed times a day to check email and messages. For example, at 11 in the morning and 4 in the afternoon. Outside those times, the apps stay closed.

If your job truly needs faster answers, make it every hour, on the hour. The point is not to be slow. The point is to stop checking every four minutes.

IF YOUR BOSS EXPECTS INSTANT REPLIES

Tell them what you're trying, and ask what is truly urgent. Agree on one channel for real emergencies, like a phone call. Most managers prefer fast work over fast replies once they see the difference.

Day 13. The workspace clear

Look at the space where you work. Remove everything that isn't part of the task you do there. Old cups, papers, the pile of things to deal with later.

Your eyes are scanning your surroundings all the time. Every object is a tiny question. A clear desk is a quiet desk.

Day 14. The review

Count your interruptions again for one full day, like on day 1. Compare.

Write down which change helped most. Keep it. If one change didn't help, drop it without guilt. This is your system, not a rulebook.

WEEK 2 LOG

Write freely. What changed, what didn't, what you want to try next week.

WEEK 3

Build

Now that the noise is lower, we train. Focus is a skill. Like any skill, it grows with practice that is a little harder than comfortable, but not so hard that you quit.

Day 15. The first focus block

Choose your most important task for today. Set your timer for 25 minutes. Phone parked, notifications off, one tab or one document.

Work only on that task. When your mind drifts, and it will, notice it and come back. When the timer rings, take a five minute break away from screens.

Write in your log how long it felt and how much you got done.

Day 16. The parking lot

During today's focus block, keep a sheet of paper next to you called the parking lot. Every time a thought pops up, like "I need to reply to Ana" or "buy milk", write it down and go back to work.

The thought is safe on paper. Your brain can let go of it. After the block, deal with the list.

Day 17. The start ritual

Design a two minute ritual you do before every focus block. Clear the desk, fill a glass of water, write the one thing you will finish, set the timer.

Rituals tell your brain what's coming. After a week, the ritual alone starts to shift you into focus mode.

Day 18. Longer blocks

Try a 45 minute block today. If 45 feels impossible, do 35. If 25 was easy, go to 50.

Notice the moment, often around twenty minutes in, when you want to quit. That's the wall. Gently stay a little longer. The wall gets thinner every time you push through it.

Day 19. Boredom practice

Today, spend ten minutes doing nothing. No phone, no music, no book. Sit, walk or look out of a window.

It will feel strange. That's the point. A mind that can sit with boredom doesn't need to grab the phone every time a task gets dull. And boredom is where many of your best ideas have been hiding.

Day 20. Deep reading

Read for 20 minutes from a paper book or an offline e reader. Not articles, not news. A real book.

If you lose the thread, go back a paragraph. Reading long text is one of the best focus workouts there is, and one of the first abilities we lose.

Day 21. The review

Look at your log for the week. What was your longest block? When did focus come easiest? What made the wall worse?

Write your personal focus formula in one line. For example, "45 minutes, mornings, phone in the kitchen, parking lot on paper."

WEEK 3 LOG

Write freely. What changed, what didn't, what you want to try next week.

WEEK 4

Protect

New habits are fragile. A stressful week, a new phone, a holiday, and everything slides back. This week is about building walls around what you've built, so it survives real life.

Day 22. The focus calendar

Open your calendar and book your focus blocks for next week like meetings. Give them names, not "focus". Write "Finish the Q3 report" or "Draft chapter two".

People respect calendar time far more than they respect good intentions. Including you.

Day 23. The no list

Write a list of things you will no longer do during focus blocks. Answer calls from unknown numbers. Check the news. Look at messages "just quickly".

A no list sounds negative. It's actually freedom. Each no is a decision you never have to make again.

Day 24. The evening shutdown

Create a shutdown routine for the end of your workday. Write tomorrow's top task, close all work apps, tidy the desk, and say a simple phrase in your head, like "done for today".

It sounds silly. It works. Unfinished work keeps nagging at the mind. A clear stopping point tells it to rest.

Day 25. The digital sunset

Pick a time each evening when screens go into a lower gear. No work messages, no endless scrolling. A film you chose on purpose is fine. Infinite feeds are not.

Your morning focus starts the night before. Better sleep is the most underrated focus tool there is.

Day 26. The people talk

Tell the people around you what you're doing. Your partner, your team, your roommates. Explain your focus blocks and when you're reachable.

You'll be surprised. Many of them want the same thing and will start protecting their own time too.

Day 27. The relapse plan

Write down what you will do when you slip back into old habits. Because you will, and that's normal.

For example, "When I notice I've checked my phone more than ten times in an hour, I park it in the kitchen and do one 25 minute block." A plan made in advance is much stronger than willpower in the moment.

Day 28. The weekly reset

Design a 15 minute weekly reset for Sunday or Friday. Clean your desk, close tabs, review your log, plan your focus blocks, check that notifications stayed off.

Small regular maintenance keeps a system alive. Most systems die from neglect, not failure.

Day 29. The final count

Count your interruptions for one full day, exactly like on day 1. Write the number next to your first one.

Then read your note from before day 1, the one about why you wanted your focus back. How does it feel now?

Day 30. Your focus manifesto

Write one page in your log. Your rules, your best hours, your favorite block length, your parking spot, your shutdown routine.

Keep it somewhere you'll see it. When life gets loud again, and it will, this page is your way back.

WEEK 4 LOG

Write freely. What changed, what didn't, what you want to try next week.

KEEP IT

After Day 30

You did it. Thirty days of noticing, clearing, building and protecting.

Some days you'll still lose an afternoon to your phone. That's fine. The difference is that now you know exactly how to come back, and coming back is the whole skill.

Your monthly check

- [ ] Count interruptions for one day each month.
- [ ] Check notification settings after every app update.
- [ ] Book focus blocks every Friday for the following week.
- [ ] Read a real book for twenty minutes at least three times a week.

When focus problems are bigger than habits

If you've done everything in this book and focus is still a daily struggle that hurts your work, studies or relationships, talk to a doctor. Sometimes attention problems have causes that habits can't fix alone, like sleep problems, stress, burnout or conditions such as ADHD. Asking for help is a smart move, not a failure.

> *Attention is where your life happens. Spend it on purpose.*



Thank you for reading

Your attention is the one thing every app on your phone is fighting for. You just took some of it back.

This book is part of the Booktronaut universe. Every category is a planet, every book is a world, and every page you read grows a universe of your own.

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