Week 2: Restructure

Objective: This week, we'll build a simple system that organizes your digital life and automates decisions, guided by two key principles: organization and intentional use. In Week 1, you chose your top 30 apps. Now, we'll assign those apps to different areas, or "buckets," in your life and assess which devices truly support your goals. If you have colored pencils, use them to make this exercise more visual.

Morning Routine

Our lives are made up of different buckets—like physical needs, work, family time, and leisure. An intentional approach can aid your digital minimalism goals, whether you're aiming to go low-tech all the time or just part-time. Remember: "If you fail to plan, you plan to fail." Start by mapping out your morning. Color the time blocks and assign the apps or devices that will help you in each area.

TIME	SU	MO	TU	WE	TH	FR	SA	APPS/DEVICES
0-4 AM								
05:00								
06:00								
07:00								
08:00								
09:00								
10:00								
11:00								

Daily Planning

Continue filling in buckets for the rest of your day. These might include dead time (like traffic), work hours, exercise, or winding down. Use your colors to block off each segment and jot down the apps and devices you'll use during these times.

TIME	SU	MO	TU	WE	TH	FR	SA	APPS/DEVICES
12:00								
01:00								
02:00								
03:00								
04:00								
05:00								
06:00								
07:00								
08:00								
09:00								
10:00								
11:00								

Refine Your App List

After completing your plan, you may notice some apps that didn't make the cut or feel unnecessary. With a clear plan in place, keep only the tools that add real value, and eliminate any that don't.

Device Check

Finally, assess which devices are actually supporting your goals versus causing distraction. If you only need a few core functions and don't rely on a full smartphone, consider alternatives that meet your needs without the extra clutter.

For Simplicity

10 Apps or less

Sunbeam F1 Pro/Light Phone 3





A Hybrid Option

20-30 Apps

Wisephone 2/ Mudita Kompakt





Keeping the Smartphone

30+ Apps with a physical block

Unpluq/Brick



