

THE 3-MINUTE LANDING ROUTINE

STOP • MOVE • RESET • BEGIN

The bridge between screen time and whatever comes next

from The Screen-to-Self-Control Reset™ — by Naya

1

STOP

The device goes down.

No lecture, no victory lap — just stop. This is the moment the screen officially ends.

2

MOVE

Leave the screen area.

A short physical move away from the screen environment. Walking to a new spot signals the shift has begun.

3

RESET

One small physical action.

A drink of water, a stretch, a trip to the bathroom, hands washed — anything that resets the body and breaks the screen's pull.

4

BEGIN

Name the very first next action.

Not “go find something to do.” One clear, specific first step into whatever comes next.

TIP: *Same four steps, same order, every time.*

Repetition is what makes the routine automatic — not intensity, not lectures.

Print this card and keep it near the Screen Landing Zone.