The Task-Before-Phone Finish Card

Finish one named duty before a nonessential check.

A useful phone boundary has a small visible finish and preserves communication required by real responsibilities.

Example: a parent places tomorrow's approved meeting papers beside the bag before reopening an unchanged feed. The phone remains available for necessary family communication.

01 Choose the finish

Define one bounded piece of work.

Small duty to complete

Visible completion point

Materials needed

Reason this duty belongs now

02 Name the delayed use

Keep necessary contact available.

Nonessential check to postpone

Required communication to preserve

Phone use needed for the task

Person who needs a timing update

The Task-Before-Phone Finish Card / Review & follow-through

03 Arrange the attempt

Set a practical boundary.

Phone placement or app arrangement

Task starting cue

Essential interruption response

Remaining step if interrupted

04 Review the finish

Use the actual attempt to adjust.

Duty completed or changed

Phone use that interrupted

Unclear part of the boundary

Next small duty and adjustment