



For The People.

RESET & REWIRE

7-DAY R&R
SCREEN-LIFE BALANCE CHALLENGE

Small changes.
Stronger futures.

A practical 7-day challenge for parents, youth, and young adults to reduce overstimulation, rebalance screen use, and turn FOMO into mindful moments that matter.



YOU ARE NOT ALONE.
We're building a movement of families, schools, and communities choosing **Purpose Over Entertainment.**



JOIN THE MOVEMENT
Connect. Share. Support. Together, we can end Screen-Based Addiction™ and build healthy habits.



SCREEN-BASED ADDICTION™
COMMUNITY SERIES
Workshops. Resources. Real Conversations.
Real Solutions. Real Community.



LEARN MORE & GET INVOLVED
forthepeople.community

SCREEN-BASED ADDICTION™

It's real. It's affecting our families, our youth, and **our communities.**



THE CONNECTION

Young brains are still developing. Screens can hijack focus, sleep, mood, and real-life connection.



THE IMPACT

Poor sleep. Higher anxiety. Lower focus. More FOMO. Media multitasking undermines learning and well-being.



THE OUTCOME

Mindful choices. Better habits. Stronger relationships.
Purpose Over Entertainment.

WHY IT MATTERS

We can't go back to life before screens, but we can choose a better way forward. We reset habits. We rewire minds.



Better Sleep



Sharper Focus



Stronger Connection

TAKE THE 7-DAY CHALLENGE!

Seven simple days. Seven powerful wins.
A better you is worth it.

DAY
1



AWARENESS & COMMITMENT

Identify your triggers and commit to intentional balance.

DAY
2



REDUCE NOTIFICATIONS

Quiet the noise. Keep only what matters.

DAY
3



DOCK IT

Charge outside the bedroom. Protect your sleep.

DAY
4



ONE SCREEN RULE

One screen at a time. Protect your focus.

DAY
5



RESET FEED

Curate your content. Feed your mind, not your anxiety.

DAY
6



FOMO NOMO

Choose presence over pressure. Your worth isn't online.

DAY
7



3-2-1 RESET

3 choices. 2 boundaries. 1 purpose-driven you.