

# Week 1:



# The Digital Purge



Full Course Available [Here](#)

Companion Workbook

# Day 1

## Introduction to Week 1

### Key points:

- 💡 95% of our decisions, actions, emotions, and behaviors, don't require our consciousness, meaning we are mainly navigating through life on autopilot.
- 💡 Nowadays temptations are omnipresent, intrusive, and exploitative.
- 💡 Those conditions create wasted time, regrets, mediocrity, health problems...

### Take Action:

- Download the companion workbook
  - Reflect on the bad habits you would like to quit and the impact it will have on your life
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# Day 1

## How much extra time could you get?

### Key points:

- 💡 Tracking your screen time gives you data that will help you understand your bad habits. You can then know when and by what you are the most tempted.
- 💡 Knowing that, you can then take laser relevant actions to kill your bad habits. Transforming your life will therefore be much easier.

### Take Action:

- Install & Activate your screen time tracking

# Day 2

Meet your autopilot

## Key points:

- 🔑 The autopilot mode is the mode of yourself that takes decision automatically, sometimes against yourself.
- 🔑 By being aware of it, you can diminish your impulsivity and your cravings.

## Take Action:

- Follow the meditation & Reflect on your discoveries
  - Try to live the next day with awareness: pay attention to your moments on autopilot
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# Day 3

Kill Temptations & Bring Back Peace of Mind

## Key points:

🔑 Our brain is constantly unconsciously analyzing hundreds of things in our surrounding. It receives and treats each information (visuals, sounds...) and activate physiologic states that can sometimes save our life, but most of the times distract or anxious you. Each signal can then become a reminder or a trigger to start a bad habit.

🔑 There are 3 main intrusions ways that can trigger your bad habits:

- Visual
- Sounds
- People

🔑 Taming those triggers helps reduce your cravings. By reducing your triggers presence, you reduce the space your bad habits have in your mind.

## Take Action:

- Purge your environment of bad habits triggers
- Purge your devices (phone, computer...) of bad habits triggers

# Day 4

Kill Impulsivity and Become Lazy to Yield.

## Key points:

🔑 Resistance is the perceived necessary efforts to accomplish an action. You can use it to make you lazier engaging bad habits.

🔑 Extra steps kills impulsivity. Resistance forces our brain to reconsider the worthiness of a habit.

🔑 To increase resistance, either increase the number of necessary steps, either increase their painfulness.

	Move Away	Sabotage	Lock	Shame	Delay	Pay
Your bad habit (ex: spending too much time on tik-tok at night)	Eg: Letting my phone in a different room before going to bed	Eg: Deinstall tik-tok before going to bed and turn off the phone	Eg: Change the password of my account and give it to a friend	Eg: Tell your friends you will spend less time on tik-tok	Eg: Keep the phone with low power at night, so you'll have to charge it first	Eg: Bet with someone you will stop using tik-tok after 8 pm

## Take Action:

- Using the table above, choose at least one resistance tactic to kill your bad habit impulsivity
- Implement those tactics

# Day 5

## Cover your Back with that Anti-Binge System

### Key points:

🔑 Everybody can binge. New technologies are addictive and hypnotic so sometimes willpower and discipline are not enough.

🔑 To cover our back, we use limiters & timekeepers. They ensure we don't get trapped by the siren song.

	Effect	Good For
Reminders	Reminds you to stop	Limit excessive use
Limiters	Stops you	Prevent addictive excessive use
Schedule Locking	Block access on a schedule	Protect stability & weak moments
Session Locking	Block access for some time	Deep focus or be present

### Take Action:

- Add limiters to the apps you would like to spend less time on
  - Configure a schedule lock on hours you would like to disconnect
  - Configure a session locking for the next time you don't want to be distracted
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# Day 6

## Challenge Day: The One Thing

### Take Action:

- Do one more thing to make your environment more peaceful
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# Day 7

## Clarity Day

On day 1 we setup time trackers to measure our bad habits, so we can bring back some control. On day 2 we had a look to your autopilot mode, while on day 3 we started to clean our environment and devices from permanent toxic intrusions. Day 4 was dedicated to adding resistance in your life, so you become lazier to engage with your bad habits, and during Day 5 we setup limiters and blockers to cover your back for the days your willpower is down.

Day	Awareness	Actions
Day 1	Measure and observe your bad habits	Create a time screen tracking system
Day 2	Meeting your autopilot mode	Living more aware
Day 3	How bad habits are triggered	Purging your environment & devices
Day 4	What is resistance and how it can make you lazier regarding bad habits	Implementing move away, sabotage, locking, shame, delaying and paying to your bad habits.
Day 5	Covering your back is as important as willpower	Creating reminders, limiters, scheduled blocks and session blocked

## Week 1 Success Metrics:

- You are aware of your autopilot mode and your automatic bad habits
- Your devices are no longer distracting and tempting you at any time for any reason
- You feel less impulsive and even lazier to engage with your bad habits
- You are confident that even if your willpower is exhausted, your back is covered

## To Go Further:

Here are some resources that can help you deepen the ideas and exercises of Week 1. Some links are affiliated, meaning that by using them, you directly support our team to make this course better.

# The Digital Purge

Full Program. See course's page [here](#).

Get 20% discount with the code "EPMZ20"



## Week 1: The Digital Purge

- Day 1: Introduction to Week 1
- Day 1: How much extra time could you get?
- Day 2: Meet Your Auto-pilot
- Day 3: Kill bad triggers & build your success setup
- Day 4: Hack your weaknesses with resistance
- Day 5: Technology against technology
- Day 6: Willpower challenge: The one thing
- Day 7: Debriefing & Recap (Getting insights & Goal Settings)

## Week 2: Re-become The Hero

- Day 1: Introduction to Week 2
- Day 1: Your triggers & mood
- Day 2: What & how impacts your behaviors (food, habits, hunger generates stress...)
- Day 3: Dealing with Negative, Toxic Influences & Self-Talk
- Day 4: Taming the most common addictions (social media, Netflix, Tinder, Onlyfans, porn)
- Day 5: Hack your weaknesses with advanced resistance
- Day 6: Weekly Challenge: Craving awareness
- Day 7: Debriefing & Recap

## Week 3: Deal with your resilient digital addictions

- Day 1: Introduction to Week 3
- Day 1: Should you quit your digital life?
- Day 2: Dealing with FOMO & cravings (stairway)
- Day 3: Powerful hacks to reduce yielding (reverse social pressure, peer buddy)
- Day 4: Deal with the addiction fever
- Day 5: How to calm and clean yourself if things go wrong
- Day 6: Willpower challenge Day: Negotiation with the Devil
- Day 7: Debriefing & Recap

## Week 4: Rewire to Inner Peace

- Day 1: Introduction to Week 4
- Day 1: Face your demons
- Day 2: Build your new flow
- Day 3: Mind strength and discipline (life hygiene, willpower depletion, mood & feeling awareness, discipline & willpower morning & night blockers, bluescreen)
- Day 4: The identity pact (announce you are leaving + say no)
- Day 5: Dealing with addiction - The spiritual way
- Day 6: Willpower challenge: A perfect day
- Day 7: Debriefing & Recap