



THE ATTENTION RECOVERY MAP

A 30-DAY GUIDED RESET TO RETRAIN
FOCUS, DESIRE, AND SELF-CONTROL

*With
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BONUS I:

The Attention Recovery Map

30 Days to Rewire Your Focus, Rebuild Self-Control, and Reclaim Your Mind

This isn't a challenge. This is a reset. A real one. You're not here because you lack discipline.

You're here because your mind has been hijacked by inputs, noise, and loops you never consciously chose.

This map won't "fix" you. That's not the goal.

But it will walk you through the process of getting clear again. Of remembering what it feels like to choose your attention, not have it stolen.

Here's how it works:

- One Focus Prompt a Day. Real. Grounded. Short. You read it. You reflect. You respond.
- One Evening Check-In. Not about journaling for hours—just five honest minutes. What happened today? What can I learn from it?
- Weekly Reset Rhythms. Built-in space every 7 days to pause, reflect, and regroup before moving forward.
- No pressure to be perfect. Miss a day? No spiral. Just pick up where you left off.
- Truth, not hype. No motivational fluff. No life coach energy. Just simple practices that make you stronger, clearer, and quieter inside.

You don't need to be great at this. You just need to show up to it. Day by day.

Ready? Let's begin.

Day 1: Name the Noise

Focus Prompt: What's the one distraction you give in to the most — without even thinking?

Note:

Don't overthink it.

This isn't about what's "*worst.*" It's about what's automatic. The reach. The scroll. The loop you don't even notice until 30 minutes are gone.

Write it down. Name it. Because when you name it, you can interrupt it.

Evening Check-In:

- Did you notice the loop show up today?
- What triggered it?
- Did you fight it, feed it, or ignore it?
- How do you feel about that — not judgmentally, just honestly?

Day 2: One Less Thing

Focus Prompt: What's one unnecessary thing you can remove from your environment today?

Note:

Don't go full minimalist. Just find one thing — one tab, one app, one object, one background noise — that adds nothing but clutter or temptation.

Clear it. Give your brain a little space to breathe.

Evening Check-In:

- What did you remove?
- How did it feel — awkward, freeing, like nothing?
- Did you notice any moments of quiet today that felt different?

Day 3: Choose Your Input

Focus Prompt: What's one piece of intentional input you can replace the noise with today?

Note:

This isn't about going "*productive*." It's about choosing what goes in. Read a chapter from something that matters. Listen to something that calms instead of hypes. Sit in silence. Choose input that strengthens your mind instead of scrambling it.

Evening Check-In:

- What input did you choose today?
- Did it feel different than your usual noise?
- Would you choose it again tomorrow?

Day 4: Recognize the Fracture Point

Focus Prompt: What time of day are you most likely to break your own standards?

Note:

You've got one.

That moment where you always cave — after lunch, late at night, the 3PM slump. Start watching for it. You don't have to win it yet. Just see it coming.

Evening Check-In:

- When did the "*fracture point*" hit today?
- What was your first response?
- What could you try differently next time?

Day 5: Midweek Drift Check

Focus Prompt: Where is your attention actually going today — and is it where you want it to be?

Note:

By midweek, it's easy to slip into auto-pilot. You've been "on" for a few days, maybe holding it together, maybe slipping a little. Either way, take 5 minutes today to do a hard check-in:

Are you using your attention, or is it using you?

Are you making choices... or just reacting?

Don't shame yourself. Just notice it. Awareness is the lever.

(And if you're drifting, today's the day to pull the wheel back.)

Evening Check-In:

- What pulled your attention the most today?
- What helped you stay focused — even just a little?
- Did you feel present in anything today? If not, why?
- What do you need to let go of before tomorrow starts?

Day 6: Make Boredom a Tool

Focus Prompt: What's one moment today you could sit in boredom — on purpose?

Note:

Don't reach for your phone in the checkout line. Don't fill every silent second. Let your brain be bored — for 2 minutes, 5, whatever. Boredom is your brain's detox. Sit in it. Let it ache. That's how healing starts.

Evening Check-In:

- Did you let yourself be bored today?
- What came up? Restlessness? Ideas? Avoidance?
- Could you do it again tomorrow?

Day 7: Reset + Reflect (Weekly Rhythm)

Focus Prompt: What did you learn about your patterns this week?

Note:

This is your weekly rhythm day. No new action. Just look back. Where did you fall? Where did you hold the line? What surprised you?

Reset doesn't mean perfection — it means starting again, honestly.

Evening Check-In:

- What's one thing you want to bring with you into next week?
- What's one thing you want to leave behind?
- Are you still all-in on this reset? Why or why not?

Day 8: Slow the First Swipe

Focus Prompt: What's the first thing you touch or open in the morning — and why?

Note:

The first swipe, scroll, or check sets the tone for your whole day. Today, pause before you grab the phone. Don't open anything on autopilot. Take 60 seconds to sit, breathe, and remember you get to decide how this day starts.

Evening Check-In:

- Did you change how you started your day today?
- What felt different, if anything?
- What would you change tomorrow?

Day 9: Notice Your Avoidance

Focus Prompt: What task or conversation have you been putting off?

Note:

Avoidance feeds the loop. When you delay something uncomfortable, your brain chases quick dopamine to escape the discomfort. Today, notice what you're avoiding.

You don't have to fix it — just stop pretending it's not there.

Evening Check-In:

- What did you avoid today?
- What did you do instead of facing it?
- How did it feel to be honest about it?

Day 10: Do the Thing (Imperfectly)

Focus Prompt: Pick one thing you've been putting off — and do it badly.

Note:

Forget perfection today. Just move. Take messy action. Start the thing. Send the message. Clean one drawer. Half-effort beats no-effort, every single time.

And often, it's all you needed to get unstuck.

Evening Check-In:

- What did you do today that you've been avoiding?
- How did it feel after it was done (*even if messy*)?
- What's something you can start without overthinking tomorrow?

Day 11: Shrink the Temptation Window

Focus Prompt: What's the short gap where you always cave — and how can you shrink it?

Note:

There's usually a 5–10 second window between the thought (“*I want to check...*”) and the action. That moment matters. Shrinking the gap = adding friction. Move the app. Turn the phone off. Walk away from the trigger.

Make it just hard enough that your brain reconsiders.

Evening Check-In:

- What temptation moment hit hardest today?
- Did you catch it in time? If not, what might've helped?
- What's one way you could add friction tomorrow?

Day 12: Practice Sitting in the Craving

Focus Prompt: Can you feel the craving without feeding it?

Note:

Today, let one craving wash over you — and don't obey it. Set a timer. Breathe. Feel the urge. Notice the discomfort. Don't argue with it. Don't give in.

Cravings lose power when you stop responding like they're emergencies.

Evening Check-In:

- What craving showed up today?
- Did you ride it out, or give in? (No shame either way — just observe.)
- How long did it last?

Day 13: Reconnect to Your 'Why'

Focus Prompt: Why are you doing this reset? What are you really after?

Note:

You're not here just to quit distractions. You're here for peace. Clarity. Self-respect. A deeper life. Today's about zooming out and remembering what you're fighting for when the cravings hit and the spiral calls.

Evening Check-In:

- What came up when you reconnected with your "why"?
- Has your reason shifted since you started?
- What's worth holding the line for tomorrow?

Day 14: Weekly Reset + Reflect

Focus Prompt: What's starting to shift?

Note:

This is your rhythm reset. No new action. Just look back at Week 2. Any patterns? Small wins? Setbacks you can learn from?

This isn't about success or failure — it's about alignment. Keep building from what's working.

Evening Check-In:

- Where did you hold the line this week?
- Where did you drift?
- What's one small adjustment for Week 3?

Day 15: Stop Arguing With the Loop

Focus Prompt: When the urge hits today, can you let it pass without negotiating?

Note:

Your brain will try to justify the scroll. The click. The escape. *“Just for a minute.” “You’ve been good.” “You deserve this.”*

Don’t fight it. Don’t feed it. Just... notice it. Let it rise. Let it fall.

No debate. No performance. Just presence.

Evening Check-In:

- What loop tried to pull you in today?
- Did you catch it early? Late? Not at all?
- How did you feel after letting it pass (or not)?

Day 16: Practice Intentional Input Again

Focus Prompt: What can you choose to feed your mind today?

Note:

Dopamine addiction isn’t just about avoiding the junk — it’s about choosing the better. Read truth. Watch something grounding. Sit with silence again.

Reclaim your inner world by feeding it something worthy.

Evening Check-In:

- What did you choose to consume today?
- How did it affect your mental state afterward?
- Is there something you want more of — and something to cut?

Day 17: Watch for Substitutes

Focus Prompt: What “safer” distraction have you been using to avoid real discomfort?

Note:

Sometimes you put your phone down... and pick up something else just as empty. Cleaning. Busywork. Even podcasts. Not all input is useful.

Watch today for sideways escapes dressed up as “*being productive.*”

Evening Check-In:

- What substitute showed up today?
- What were you actually avoiding?
- Could you face it directly tomorrow?

Day 18: Move Your Body On Purpose

Focus Prompt: How can you move today — not for performance, but for clarity?

Note:

You don't need a workout plan. You need movement that shakes loose the static. A walk. A stretch. Something simple that reminds your body it's part of the reset too.

Get out of your head by getting into motion.

Evening Check-In:

- Did you move today?
- Before you moved — where was your head at?
- After you moved — what shifted?

Day 19: Choose Stillness Over Input

Focus Prompt: Can you spend 10 minutes today without any input at all?

Note:

No music. No videos. No background noise. Just you, sitting. Breathing. Feeling. Letting the silence do its work. Your brain will rebel. That's okay. Stillness isn't punishment — it's training.

Don't chase the next hit. Wait it out.

Evening Check-In:

- Did you sit in silence today?
- What came up in the stillness — emotion, distraction, peace, boredom?
- Would you do it again tomorrow?

Day 20: Revisit Your Triggers

Focus Prompt: What specific moments, times, or feelings are still pulling you into the loop?

Note:

By now, some things are changing — but others still pull hard. That's okay. Today is about paying attention to your top 2–3 triggers. Be honest about what still owns too much of your attention.

That clarity is power.

Evening Check-In:

- What triggered you today?
- Did anything feel “automatic”?
- What could interrupt that cycle next time?

Day 21: Weekly Reset + Reflect

Focus Prompt: Are your desires changing?

Note:

This reset isn't just about willpower. It's about wanting better things. Maybe you're noticing less craving for chaos. Maybe not yet. Either way — reflect today: what are you moving toward?

Not just what are you avoiding, but what do you want instead?

Evening Check-In:

- What do you want more of in the weeks ahead?
- What do you want less of — and why?
- How would you describe your mental state compared to Day 1?

Day 22: Let Boredom Be a Signal Again

Focus Prompt: What does your boredom usually try to tell you?

Note:

Boredom isn't bad. It's a signal. It might be pointing to something unresolved, avoided, or just undernourished. Don't escape it today.

Sit in it again.

Listen.

Ask what it wants you to see — not what it wants you to do.

Evening Check-In:

- When did boredom show up today?
- Did you escape it, or sit in it?
- What might it be pointing toward?

Day 23: Define What a “Good Day” Really Means

Focus Prompt: What would a successful day actually look like for you now?

Note:

Forget your old checklist. Forget what looks productive. What does a day feel like when your attention is where it belongs? Define it. Write it down.

Let this become your new metric — so you know when you’re on track.

Evening Check-In:

- What moments today felt aligned with that vision?
- Where did things drift?
- How would you grade the day — not in performance, but in presence?

Day 24: Guard Your Inputs

Focus Prompt: What input drains you the fastest — and why do you keep letting it in?

Note:

Not all input is neutral. Some things suck energy even in small doses. Today, get honest about the worst offender — whether it’s social, news, entertainment, or even people.

You don’t have to cut it all, but you do need to name it.

Evening Check-In:

- What drained you today — and how soon did you notice?
- Did you set any boundaries or filters?
- Was it worth letting in?

Day 25: Anchor a Non-Negotiable

Focus Prompt: What's one habit from this reset you want to lock in going forward?

Note:

Choose something small. Real. Repeatable. Maybe it's silence in the morning. Maybe it's no phone at dinner. Choose one practice that has changed you — and make it non-negotiable.

Build from there.

Evening Check-In:

- What habit did you choose to anchor?
- Did you stick to it today?
- How does your day feel when it's in place vs. when it's not?

Day 26: Test Your Limits (Gently)

Focus Prompt: Can you handle one typical trigger today — on purpose?

Note:

You're stronger than you were on Day 1. Today, test it. Don't chase temptation, but let one typical distraction enter your space — and respond differently.

This is about proving to your brain that you've changed.

Evening Check-In:

- What was the test today?
- How did you respond?
- How do you feel about your progress?

Day 27: Name the Quiet Wins

Focus Prompt: What's gotten better — quietly — since you started?

Note:

You may not have a dramatic story. But if you look close, something's shifted. More patience. More peace. Less chaos. Today, name those small wins.

They're the ones that last.

Evening Check-In:

- What feels stronger now than it did four weeks ago?
- Where do you see signs of healing or growth?
- What are you proud of — even if no one else saw it?

Day 28: Weekly Reset + Reflect

Focus Prompt: What habits and boundaries are actually working?

Note:

This week, take stock. You're not just unplugging anymore — you're rebuilding. What's worth carrying into your regular life? What needs tweaking?

This isn't the end. It's the beginning of long-term clarity.

Evening Check-In:

- What habits feel solid?
- What boundaries still need support?
- What's the biggest lesson this week taught you?

Day 29: Rebuild Your Default Setting

Focus Prompt: What kind of man are you becoming — day by day?

Note:

This whole thing isn't about being perfect. It's about building a new default. Someone who chooses presence over noise. Who doesn't numb out when life gets hard. Who holds the line when it counts. Describe him.

You're closer than you think.

Evening Check-In:

- What traits are becoming your new normal?
- What used to define you that no longer fits?
- What kind of life are you building around those shifts?

Day 30: Cement the Reset

Focus Prompt: What will it take to keep living this way?

Note:

This reset was never about just *“making it through 30 days.”* It was about learning to live unplugged on purpose. What are your non-negotiables now? What rhythms protect your clarity? Write them. Revisit them often.

This is your line in the sand.

Evening Check-In:

- What's different about you now — internally, externally, spiritually?
- What systems will help you stay on track?
- If you slip back, what's the first thing you'll do?

You Made It — But This Isn't the End

You didn't just survive 30 days.

You showed up. You told the truth. You held the line — maybe not perfectly, but honestly. And that's what real change is built on.

Your brain's quieter now. Your choices are sharper. You've remembered what it feels like to be in control — not because the urges disappeared, but because you stopped obeying them.

Don't let this be a finish line. Let it be a new baseline.

You've seen what's possible. Keep building from here — one choice, one boundary, one moment at a time.

And when the noise creeps back in (because it will), come back to this.

You know the way out now.

Keep going. You're not who you were when you started.

