



Your Screen, Mastered.

*Take back control of your screen
time and attention, with AI.*

10 prompts to measure, understand, cut back,
replace and balance your screen life.

Free for the SYSTINFO community



GOOD TO KNOW

A coach, not a judge.

Taking back control of your screens without guilt: assistants like ChatGPT, Gemini or Le Chat help you read your screen-time numbers, build a plan and reclaim your focus. But AI does not live your day. Three reflexes first.

- **Start from your real numbers**

AI does not know your habits. First open Screen Time (iOS) or Digital Wellbeing (Android) and give it your real figures, or its advice will miss the mark.

- **Anonymize before you paste**

Never paste screenshots, contacts or private messages into an AI. Sum up the situation in your own words, keep only the useful context.

- **Support, not medical advice**

If poor sleep, anxiety or a use you can't control persist, AI is no substitute for a health professional. Talk to a doctor.

The right reflex: AI measures and organizes, you decide what truly matters to you.

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THE METHOD

Five moves, ten prompts.

Mastering your screens comes down to five moves: measure your use, understand what hooks you, cut back gently, replace it with something else, and balance it over time. Ten prompts, two per step.

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

01 **Measure**

· 2 prompts

02 **Understand**

· 2 prompts

03 **Cut back**

· 2 prompts

04 **Replace**

· 2 prompts

05 **Balance**

· 2 prompts



The Numbers, Read

PROMPT TO COPY

Role: you are a screen-time coach, factual and kind.

Context: here are my numbers for the week: [daily total, top 3 apps, number of unlocks].

Task: help me read these numbers without judging me.

Format: a clear picture (where my time goes, when), two or three standout facts, and a single realistic target to aim for this week.

What you get

A mirror with no blame. Seeing where your time really goes, backed by numbers, replaces vague guilt with a clear starting point and one reachable goal.



The Risky Moments

PROMPT TO COPY

Role: you are an observer of my habits.

Context: I reach for my phone mostly [when: waking, commute, breaks, before sleep], and I feel [emotion].

Task: help me spot my risky moments.

Format: a list of my triggers (time, place, mood), what they have in common, and one simple move to try for each one.

What you get

Your autopilot made visible. Naming the moments when your hand drifts to the screen lets you act on the cause, not just fight the urge.



The Hook, Decoded

PROMPT TO COPY

Role: you are an expert in app design.

Context: I spend too long on [app], without knowing why I scroll for so long.

Task: explain how this app captures my attention.

Format: the mechanisms at play (endless feed, notifications, rewards, autoplay) in plain words, and for each one a setting or a move that breaks the trap.

What you get

The magic trick revealed. Understanding that endless scroll is built to last shifts the blame from you to the tool, and hands you back the settings.



The Hidden Cost

PROMPT TO COPY

Role: you are a teacher of attention.

Context: I often break off to check my screen during [work, meals, family time].

Task: show me what these breaks really cost me.

Format: the effect of interruptions on focus, sleep and mood, explained simply, and one motivating reason to protect three moments of my day.

What you get

Motivation that sticks. Putting a price on micro-breaks, refocus time, shorter nights, turns a vague wish to ease off into a decision you own.



The Gentle Plan

PROMPT TO COPY

Role: you are a coach who suggests realistic steps.

Context: I want to cut [app or total] from [X] to [Y] without going cold turkey; my life is [pace].

Task: build me a gradual plan over two to four weeks.

Format: steps by week, one concrete move per step, a way to measure, and what to do on days I slip.

What you get

A path, not a ban. A step-by-step plan, with a way out for hard days, lasts where a sudden stop almost always relapses.



The Phone, Tamed

PROMPT TO COPY

Role: you are an expert in phone settings.

Context: I have an [iPhone or Android]; I want my phone less hooking without making it useless.

Task: give me the settings that make a real difference.

Format: a ranked list (notifications, home screen, grayscale, app limits, focus mode), the menu path, and the expected effect of each setting.

What you get

A tool that finally serves you. Cutting useless notifications and tidying the home screen removes the hooks: you open the phone to act, not by reflex.



The Ready Alternative

PROMPT TO COPY

Role: you are a coach of new habits.

Context: the moment I get bored, I grab the screen.

I like [interests], I often have [duration] free.

Task: suggest concrete alternatives within reach.

Format: a list of activities by length (2, 15, 60 min),
easy to start, and how to make them more tempting than
the phone.

What you get

One reflex replacing another. You don't erase a habit, you replace it: having an alternative ready to grab beats willpower alone.



Focus, Regained

PROMPT TO COPY

Role: you are a focus coach.

Context: I struggle to stay on one task: [work, reading, study], I drift off after [duration].

Task: help me rebuild real focus sessions.

Format: a simple method (session length, breaks, where to put the phone), how to start small, and a ritual to cut distractions before I begin.

What you get

Attention you can train. Regaining the ability to stay on one thing, in short sessions that grow, brings back the pleasure of work and reading.



The Household Rules

PROMPT TO COPY

Role: you are a calm family mediator.

Context: at home [kids, teens, adults], screens spark tension around [meals, homework, evenings].

Task: help us set screen rules everyone accepts.

Format: a few simple, fair rules (screen-free times and places, adults setting the example), how to decide them together, and how to hold them without constant conflict.

What you get

Rules that last because they are shared. Deciding a few screen-free zones together, adults included, eases tension far better than a ban imposed from above.



The Screen-Free Evening

PROMPT TO COPY

Role: you are a sleep and routine advisor.

Context: I look at screens late, sleep badly and wake up tired; my evening looks like [current routine].

Task: help me build a screen-free end of day.

Format: a realistic evening routine (cut-off time, where to charge the phone, what to do instead), easy steps to keep, and when to see a doctor if it persists.

What you get

Nights that restore. Moving the screen away in the evening helps you fall and stay asleep; a gentle routine, held for a few days, soon becomes a habit that guards your energy.



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