

IT IS MY YEAR.

Reset your news habits

Stay informed on your terms. Reduce repeated checking and make room for things you value. Keep essential local, weather and safety alerts that you need.

30 daily prompts · Start whenever you choose

Choose one prompt a day, or take longer. Use the writing space for your own thoughts, then tick the box when you have taken that step. Missing a day does not mean starting over.

My goal: _____

My start date: _____

DAY 01 · Notice your inputs

Notice when you check the news today and write down what prompts it.

☐ I took this step

DAY 02 · Notice your inputs

Choose one short time to catch up with the news instead of checking throughout the day.

☐ I took this step

DAY 03 · Notice your inputs

Turn off non-essential breaking-news push notifications. Keep alerts you rely on for safety.

☐ I took this step

DAY 04 • Notice your inputs

Move a news or social app off your home screen to make opening it a deliberate choice.

☐ I took this step

DAY 05 • Notice your inputs

Choose a clear stopping point before you begin reading.

☐ I took this step

DAY 06 • Notice your inputs

Use the next urge to check as a cue to pause and ask what you are looking for.

☐ I took this step

DAY 07 • Notice your inputs

Review your first week. Which sources informed you, and which simply repeated the same story?

☐ I took this step

DAY 08 • Choose your boundaries

Choose a small number of sources with clear reporting and corrections policies.

☐ I took this step

DAY 09 · Choose your boundaries

Read beyond one headline before forming an opinion about a story.

☐ I took this step

DAY 10 · Choose your boundaries

Notice the difference between a reported fact, an opinion and a prediction.

☐ I took this step

DAY 11 · Choose your boundaries

Try one morning without opening news feeds immediately after waking.

☐ I took this step

DAY 12 · Choose your boundaries

Choose a non-screen activity for the time you would usually spend checking again.

☐ I took this step

DAY 13 · Choose your boundaries

Close a story once you have learnt what you need, rather than refreshing for updates.

☐ I took this step

DAY 14 · Choose your boundaries

Review your boundaries and adjust them to fit your responsibilities.

☐ I took this step

DAY 15 · Use the space

Try a short news-free window during a meal or shared activity.

☐ I took this step

DAY 16 · Use the space

If someone shares a worrying claim, check its source and date before forwarding it.

☐ I took this step

DAY 17 · Use the space

Notice whether a comment thread adds understanding. Leave if it does not.

☐ I took this step

DAY 18 · Use the space

Choose a meaningful local issue and read about one practical way to get involved.

☐ I took this step

DAY 19 · Use the space

Replace one repeated check with a page of a book or a quiet moment.

☐ I took this step

DAY 20 · Use the space

Keep a note of questions you genuinely want answered at your next catch-up.

☐ I took this step

DAY 21 · Use the space

Review how your attention feels. Keep the changes that help you.

☐ I took this step

DAY 22 · Keep a balanced rhythm

Try a manageable evening break from news before your usual bedtime.

☐ I took this step

DAY 23 · Keep a balanced rhythm

Ask someone about something good or meaningful in their own week.

☐ I took this step

DAY 24 · Keep a balanced rhythm

Read a fuller explanation of one topic instead of several updates about it.

☐ I took this step

DAY 25 · Keep a balanced rhythm

Check whether newsletters or subscriptions still earn a place in your attention.

☐ I took this step

DAY 26 · Keep a balanced rhythm

Write a simple boundary you can explain to others: I catch up at this time.

☐ I took this step

DAY 27 · Keep a balanced rhythm

Choose how you will handle major events without returning to constant checking.

☐ I took this step

DAY 28 · Keep a balanced rhythm

Review the time you made available and what you enjoyed doing with it.

☐ I took this step

DAY 29 · Keep a balanced rhythm

Write your own news routine: sources, timing, stopping point and essential alerts.

☐ I took this step

DAY 30 · Keep a balanced rhythm

Choose a review date and carry forward a routine that keeps you informed without taking over your day.

☐ I took this step

My next small step

What worked? What will I keep doing? What support would help me continue?

This programme is a general reflection and organisation guide. It does not promise an outcome or replace personalised professional advice. The download contains the prompts, not your private saved answers.