Mobile Apps to help you not use your mobile device.

Is your mobile device holding you back from pursuing Physical, Financial, Spiritual, Emotional & Social, and Professional Wellbeing activities?

There are numerous apps that can help you set your mobile device down. Here is a sampling of what is available for iOS and Android devices.

**Forest**

If you want to temporarily put down your phone and focus on what’s more important in real life, you can plant a seed in Forest. As time goes by, this seed will gradually grow into a tree. However, if you cannot resist the temptation of using your phone and leave the app, your tree will wither. The sense of achievement and responsibility will encourage you to stay away from your phone, and will help you make better use of your time. Stop getting distracted by your phone, make you self-motivated and get more things done.

[Download on the App Store][Google Play]

**unGlue**

unGlue is a parental screen time management, built by parents for parents. We enable parents to manage their family’s screen time and let kids earn time by doing chores and being physically active. Our pact: to change our kids’ screen behavior by teaching them the value of time. Stop digital addiction.

[Download on the App Store][Google Play]

**Flipd**

Are you easily distracted by your phone? Do you procrastinate and find it hard to stay focused? Flipd is the simplest and most effective distraction blocker that prevents you from getting off task. Backed by research, Flipd is proven to help you stay focused, improve your attention, and increase productivity thanks to its effective lock screen. Stay connected and remove distractions with Flipd.

[Download on the App Store][Google Play]

**OurPact**

OurPact parental control and family locator was designed with the family in mind as an effective, guidance-based screen time management solution. Whether you are introducing a younger child to device ownership, or struggle to connect with a teenager who spends too much time on social media, OurPact is the perfect parental control and management solution for your family.

[Download on the App Store][Google Play]