

A Daily Learning Habit

THE QUICK VERSION

- 1 Pick ONE free thing you will enjoy — a language, a puzzle, an audiobook, a short lesson.
- 2 Pin it to something you already do daily: 'After my morning coffee, I do my fifteen minutes.'
- 3 Keep it to about fifteen minutes so you never dread it.
- 4 Set one gentle daily reminder on your phone, or a note on the fridge.
- 5 Do it today, even five minutes, so the habit starts now.
- 6 Miss a day without guilt — just begin again tomorrow; never skip twice in a row.

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A Daily Learning Habit: One Free App, Fifteen Minutes a Day

One free app, fifteen minutes a day -- how small, pleasant a habit keeps a curious mind sharp for years

————— An Extended Guide · No. 1913 · NO. LE-23 —————

Tech Made Simple. Service Made Personal.

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WELCOME

1. Read this first — fifteen minutes is plenty

A small daily habit beats a big burst of effort — and fifteen gentle minutes a day really is enough.

Here is the one idea this whole guide rests on: you do not need to set aside an afternoon, sign up for anything, or be clever with gadgets to keep learning. You need one free thing you enjoy and about fifteen minutes a day. That is the whole secret, and it is a kind one.

A little, often, beats a lot, rarely. Fifteen minutes a day adds up to more than an hour and a half a week, and it does so without ever feeling like a chore. The people who keep the sharpest, most curious minds are rarely the ones who studied hardest; they are the ones who kept a small habit going, year after year.

I am Bill, from Bill's Home Tech here in Portage County, Ohio. A lot of folks tell me they would love to learn a language, or finish more books, or finally understand their computer — but they do not know where to start, and it all feels like too much. This guide is my gentle answer: start tiny, start today, and let it grow on its own.

WATCH OUT

Do not try to build five habits at once. Pick a single thing you already find pleasant, give it fifteen minutes, and let everything else wait. One small habit that sticks is worth more than five grand plans that do not.

THE SHORT VERSION

2. The short version

Pick one thing, pin it to something you already do, and keep it small.

If you would like the whole method in a nutshell before we slow down and take it piece by piece, here it is.

- 1 Pick ONE free thing you would enjoy — a language app, an audiobook, a daily puzzle, a short lesson.
- 2 Decide when: pin it to something you already do every day, like your morning coffee.
- 3 Keep it to about fifteen minutes — short enough that you never dread it.
- 4 Set one gentle reminder on your phone or a note on the fridge so you do not forget.
- 5 Do it today, even for five minutes, so the habit starts now rather than someday.
- 6 Let it be pleasant — this is a hobby, not homework, so skip a day without guilt and simply carry on.

GOOD TO KNOW

The single most important step is the second one: attaching your new habit to an old one. 'After I pour my coffee, I do my lesson' works far better than 'I should learn more.'

WHY A HABIT

3. Why a habit beats willpower

Habits run on autopilot — willpower runs out.

Most of us, when we want to learn something, rely on willpower and good intentions. The trouble is that willpower is like a muscle: it tires, and by the end of a long day there is often none left. That is why the grand New Year's plan fizzles by February. It is not a failure of character; it is simply how willpower works.

A habit sidesteps all of that. Once a small action is tied to a regular moment in your day, it stops needing willpower at all — it just happens, the way brushing your teeth does. You are not deciding to learn each day; you have simply built a little learning into the shape of your day, where it runs quietly on its own.

So the goal of this guide is not to make you more disciplined. It is to help you set things up so that very little discipline is needed. That is a far gentler, and far more reliable, way to keep learning for years.

PICK ONE THING

4. Choosing your one thing

The best choice is the one you will actually look forward to.

The temptation is to pick the thing you feel you ought to do — the hardest, most improving option. Resist it. The habit that lasts is the one you enjoy, so choose the thing that makes you a little curious or a little delighted, not the thing that feels like medicine.

It might be a language you have always wanted to speak, a daily word or number puzzle, a chapter of an audiobook, a short online lesson on a hobby, or a single TED talk with your afternoon tea. Any of these counts. There is no learning that is too small or too fun to count; enjoyment is what keeps the habit alive.

TIP

If you are torn between two choices, pick the one that sounds more fun, not the one that sounds more worthy. You can always add the worthy one later, once the habit is rooted.

FREE THINGS TO PICK FROM

5. Plenty of free things to choose from

Everything worth doing here costs nothing.

You do not need to spend a penny to build this habit. Between your public library card and a handful of free apps and websites, there is more good, free learning than you could get through in a lifetime. The rest of this series covers each of these in its own guide, but here is a quick menu to spark an idea.

- A language, a little each day, through a free language app or the library's own language service.
- A daily puzzle — a crossword, a number puzzle, or a word game — to wake the mind up gently.
- An audiobook from the library, a chapter at a time, while you walk or rest your eyes.
- A short lesson on a hobby — crafts, cooking, drawing — from a free library class service.
- A single short talk or documentary on a subject that has always intrigued you.
- A free course from a top university, audited at your own pace, on anything under the sun.

GOOD TO KNOW

Do not feel you must choose from this whole list. Read it once, notice which line made you sit up a little, and start there. That small spark is your best guide.

STACK THE HABIT

6. Pin it to something you already do

The oldest trick for a new habit — and the best.

The surest way to make a new habit stick is to attach it to an old one that already happens like clockwork. Your morning coffee, your afternoon tea, the time just after breakfast, the quiet half hour before bed — each of these is a reliable anchor. You simply decide that right after the old habit comes the new one.

Said out loud it sounds like this: 'After I pour my morning coffee, I do fifteen minutes of my language app.' Or, 'After supper dishes are done, I listen to one chapter of my audiobook.' The old habit becomes the reminder, so you are not relying on memory or motivation at all.

TIP

Write your plan down in that exact 'After I do X, I will do Y' shape and stick it where the old habit happens — on the coffee maker, by the kettle, on the bathroom mirror.

KEEP IT SMALL

7. Keep it small on purpose

Fifteen minutes is the point, not a limit to push past.

It is tempting, on a good day, to decide you will do an hour. Do not. The whole strength of a small habit is that it is small — small enough that you never dread it, never put it off, and never need to psych yourself up. A habit you look forward to survives the busy days and the tired days alike.

If you finish your fifteen minutes and genuinely want more, that is wonderful — carry on. But never make 'more' the requirement. The rule is fifteen minutes; anything beyond that is a bonus, not a debt you owe tomorrow. Keeping the bar low is exactly what keeps you coming back.

WATCH OUT

Beware the big ambitious day that leaves you exhausted. One two-hour marathon followed by a week of avoidance is far worse than fifteen easy minutes every day. Slow and small wins this race.

SET A REMINDER

8. A gentle reminder so you never forget

Let the phone remember so you do not have to.

Even a well-pinned habit is easier with a nudge, at least at first. Your phone or tablet can set a daily reminder — a soft chime at the same time each day — in its built-in Clock or Reminders app. Pick the time that matches your anchor habit, and let the phone carry the remembering so your mind does not have to.

If you would rather not fuss with the phone, a paper note works just as well: a sticky note on the fridge, a line in your day planner, or a small calendar where you tick off each day. The method does not matter; having some outside nudge, rather than relying on 'I will remember,' is what matters.

GOOD TO KNOW

Set the reminder for the time you are most likely to actually be free and relaxed — not the time you wish you were disciplined. Meet yourself where your day really is.

A SIMPLE STREAK

9. Keeping a simple streak — lightly

A row of checkmarks is quietly powerful.

There is a small magic in not breaking a chain. Many people find that marking an X or a checkmark on a calendar for each day they show up becomes its own gentle motivation — you start to enjoy the unbroken row and want to keep it going. Many learning apps keep this streak for you automatically.

Use a streak if it cheers you on, but hold it loosely. The streak is a servant, not a master. If you miss a day, the goal is simply to begin again the next day — not to feel you have ruined something and may as well quit. A missed day is a comma, never a full stop.

GOOD TO KNOW

The real aim is not a perfect streak; it is never missing twice in a row. One missed day is nothing. Two becomes a pattern. So if you slip, the only rule is: back to it tomorrow.

MISSING A DAY

10. When you miss a day (and you will)

Skipping is normal — guilt is the only real danger.

Life happens. You will travel, fall ill, host the grandchildren, or simply not feel like it, and you will miss a day or three. That is completely normal and not the slightest cause for shame. Every person who has ever kept a habit has missed days along the way.

The thing that actually ends habits is not the missed day — it is the guilt and the all-or-nothing thinking that can follow it. 'I missed Tuesday, so I have blown it' is the real enemy. The cure is simple and kind: miss a day, shrug, and pick it back up the next. The habit is not broken by a gap; it is broken only by giving up on it.

WATCH OUT

If you have fallen off for a while, do not try to 'make up' for lost time. Just do one easy fifteen minutes today, exactly as if nothing happened. Starting again is the whole skill.

MAKE IT PLEASANT**11. Make it a pleasure, not a duty**

The nicer it feels, the longer it lasts.

A habit that feels like homework will not last, so it is worth deliberately making your learning time pleasant. Do it in your favorite chair, with a good cup of something, at a time of day you enjoy. Pair it with a small treat if you like. The more your mind associates the habit with comfort, the more it will pull you toward it rather than away.

This is not indulgence; it is good strategy. We return, again and again, to the things that feel good. So wrap your fifteen minutes in as much small comfort as you can, and let yourself genuinely enjoy learning something just because it interests you.

TRACK WHAT YOU LEARN**12. Keeping a little record**

A few notes make the progress visible — and sweet.

Progress in small daily things is real but easy to miss, because each day's step is tiny. A simple record fixes that. Keep a little notebook, or a note on your phone or computer, where you jot a line about what you learned or enjoyed each day. Looking back over a month of it is genuinely heartening.

You might note the books you have finished, the words you have learned in a new language, or just a sentence about something interesting you came across. The point is not to be thorough; it is to make your own progress visible to you, so the habit feels like it is going somewhere — because it is.

ON THE PHONE OR TABLET**13. Setting it up on your phone or tablet**

A few taps today saves you fuss every day after.

If your one thing is an app — a language, a puzzle, an audiobook — spend a few minutes setting it up so that each day's fifteen minutes is friction-free. Put the app's icon on the very first screen of your phone or tablet, where you will see it, rather than buried in a folder three screens deep.

Sign in once so it remembers you, turn on its daily reminder if it has one, and make sure the text size is comfortable for your eyes. The less fiddling stands between you and the habit each day, the more reliably you will do it. A little setup now pays you back every single morning after.

TIP

Drag the icon for your one thing to the first home screen of your device, front and center. Out of sight really is out of mind; in sight is half the habit.

TWO WAYS IN

14. Two ways people come to this — and both are fine

Keeping sharp, or finally doing the thing you always meant to.

Some folks come to a daily learning habit to keep their minds active and sharp as the years go by; others come because there is a specific thing — a language, a skill, a subject — they have always meant to get to. Either way, the same small method serves you, so it helps to know which one you are.

If you want to keep your mind active

You are less attached to any one subject and more interested in staying curious and engaged day to day.

- Rotate freely — a puzzle one week, a documentary the next, an audiobook after that.
- Favor variety and enjoyment over finishing anything; the point is the daily spark.
- Lean on the easy, low-effort options so the habit never feels like a weight.

If you have a specific goal

There is a particular language, instrument, or subject you genuinely want to make progress on.

- Pick the one thing and stick to it rather than rotating, so your progress compounds.
- Keep a record of how far you have come to stay encouraged through the slow middle.
- Resist rushing — fifteen steady minutes a day will get you there more surely than cramming.

GOOD TO KNOW

Whichever you are, the method is the same: one thing, pinned to a daily anchor, kept small and pleasant. Only the choice of 'what' differs.

STRINGING THEM TOGETHER

15. Letting one habit lead to another

Start with one, and the next comes naturally.

You may find, after a few weeks, that your fifteen minutes has become such a settled part of the day that you have room for a little more. That is the moment to consider adding a second small thing — never before. A habit that is truly rooted can support a new shoot; a shaky one cannot.

When you are ready, add the second thing the same way: pin it to another anchor in your day, keep it small, and let it settle before you reach for a third. Over a year, this gentle, one-at-a-time approach can quietly fill your days with more good learning than you would ever have planned for at the start.

TIP

Add a new habit only once the current one feels automatic — when you would notice its absence. Rushing to stack three at once is the surest way to lose all three.

USING THE SERIES

16. Using the rest of these guides

This habit is the thread that ties the whole series together.

Bill's Home Tech has a whole series of plain-English guides on free learning and entertainment — the library's digital shelf, free courses, language apps, audiobooks, documentaries, chess and bridge, virtual museums and more. Think of this habit guide as the thread that ties them all together: each of those is simply a candidate for your one daily thing.

So when a guide in the series catches your eye, do not try to master the whole thing at once. Pick the one small piece of it that appeals, fold it into your fifteen minutes, and let it become part of your day. The guides supply the ideas; this habit supplies the way to actually enjoy them for years.

HELPING A RELATIVE

17. Helping a parent build the habit

A shared routine is a lovely, lasting gift.

If you are setting this up for an older parent, the kindest thing you can do is make the very first step effortless. Put their one app on the front screen, sign them in, set the reminder, and show them the single tap that starts it. Then let them do the fifteen minutes themselves; the doing is where the pleasure and the benefit live.

You might even share the habit from afar — both reading the same library book, or both doing the same language, and comparing notes on your weekly call. A shared daily habit gives you something warm and ongoing to talk about, and it gently keeps a parent engaged and connected. That is worth far more than any gadget.

GOOD TO KNOW

Doing the same daily thing as a parent — the same book, the same language — turns a solitary habit into a shared one, and gives you both something to look forward to talking about.

WHEN TO DO IT

18. Morning, afternoon, or evening?

The best time is the one you will actually keep.

People often ask whether morning or evening is better for learning. The honest answer is that the best time is simply the one you can reliably protect. A morning habit, done before the day's demands pile up, tends to be the most dependable for many people, because fewer things have gone sideways yet. But a quiet evening works just as well if that is when your mind is freshest.

What matters far more than the hour is the consistency. Pick a time that matches a steady anchor in your day and that you can defend most days, and stick with it long enough to become automatic. You can always shift it later if it is not fitting; the goal is a time that survives real life, not an ideal one that only works on perfect days.

WHEN LIFE GETS BUSY

19. When life gets busy

Shrink the habit — do not drop it.

There will be stretches when fifteen minutes feels impossible — a houseful of visitors, an illness, a hard week. The instinct is to drop the habit until things calm down, but that is exactly how habits die. The better move is to shrink it rather than skip it: do two minutes, or one page, or a single puzzle. A tiny version keeps the chain alive.

A habit done badly still beats a habit abandoned. On your worst day, the goal is not progress but simply showing up in some small way, so the routine survives the storm and is waiting for you when life settles. Protecting the habit itself, even in miniature, is what lets it last for years.

TIP

On impossible days, have a 'minimum version' ready — one page, one puzzle, two minutes. Doing the tiny version keeps the habit alive far better than skipping and meaning to make up for it.

MIXING IT UP

20. Keeping it fresh

A little variety stops a habit going stale.

Even a beloved habit can grow stale if it never changes. If you feel your enthusiasm dimming, do not force it — refresh it. Switch to a new book, a different kind of puzzle, a new topic, or a fresh app. The habit is the fifteen daily minutes; what you fill them with can change as often as you like.

Some people like to keep one steady thing and rotate a second for variety — a daily language lesson, say, plus a changing documentary or audiobook. Others prefer to follow their curiosity wherever it leads. Both work; the only rule is that boredom is a signal to change the content, never to drop the habit.

LEARNING WITH SOMEONE

21. Learning alongside someone

A shared habit is a stronger one.

Habits are easier to keep when someone shares them. You might take up the same language as a friend and compare notes, read the same book as a faraway relative and talk it over on your weekly call, or simply tell someone what you are up to so they can cheer you on. The gentle accountability and the company both help.

This is a lovely way to stay connected as well as to learn. A shared learning habit gives you something ongoing and positive to talk about, and knowing someone will ask how it is going is a soft nudge to keep at it on the days your own enthusiasm flags.

CELEBRATE SMALL WINS

22. Noticing how far you have come

Small wins, noticed, keep you going.

Because each day's step is small, it is easy to feel you are not getting anywhere — right up until you look back. So pause now and then to notice the distance travelled: the books finished, the words learned, the subject you now understand that once baffled you. Naming these wins, however modest, is genuinely motivating.

Be generous with yourself here. You are not in a race, and there is no standard to meet but your own enjoyment and growth. Every day you showed up is a small victory worth quietly acknowledging, and stringing those together is the whole of the thing.

A MONTH OF IDEAS

23. A gentle month to get you started

One easy way to begin, if you like a little structure.

If a blank start feels daunting, here is one gentle shape for a first month, to take or leave. In the first week, simply pick your one thing and do five minutes a day — nothing more — to prove to yourself it is easy. In the second week, stretch to the full fifteen and pin it firmly to your morning or evening anchor.

In the third week, add a light way to track it — a checkmark on the calendar or a line in a notebook — and notice the little chain forming. By the fourth week, it should be starting to feel automatic, and you can simply carry on. After that, there is no plan to follow; the habit

is yours, and it will keep itself.

COMMON MISTAKES

24. Common mistakes

Avoid these and the habit all but builds itself.

Nearly everyone who struggles to build a learning habit is tripped up by one of a handful of simple, forgivable things. None is a failing; all are easy to steer around once you see them.

- Starting with five things at once instead of one, and burning out within the week.
- Setting the bar too high — an hour a day — so that any busy day breaks the whole plan.
- Relying on willpower and memory instead of pinning the habit to a daily anchor.
- Treating a missed day as a failure and quitting, rather than simply beginning again.
- Choosing the worthy-but-dull option over the one that would actually be a pleasure.

TIP

If a habit is not sticking, the fix is almost always to make it smaller and more pleasant — not to try harder. Shrink it until it feels almost too easy, then let it grow.

COMMON QUESTIONS

25. Common questions

The questions I hear most about building a learning habit.

Here are the ones that come up most often at the kitchen table.

If yours is not here, it is very likely a short answer — and you are always welcome to call me and ask.

QUESTIONS

26. I have tried to build habits before and failed. Why would this work?

Because this leans on your day, not your willpower.

Most habits fail because they rely on motivation, which always runs out. This method does the opposite: it makes the habit tiny and pins it to something you already do without thinking, so very little motivation is needed. You are not being asked to be more disciplined — just to set things up so discipline is barely required.

QUESTIONS

27. Fifteen minutes seems too little to matter. Does it?

It matters a great deal, precisely because it lasts.

Fifteen minutes a day is well over ninety hours a year — more than two full work-weeks of learning, done so gently you will barely notice the effort. A small amount you actually keep up beats a large amount you abandon. The power is in the daily repetition, not the length of any one session.

QUESTIONS

28. What if I do not know what to learn?

Start with curiosity, not a plan.

You do not need a grand plan. Think of one thing you have ever been curious about, or one thing you have always meant to try, and start there with any free resource from this series. If it does not grab you after a week or two, switch to something else. The early weeks are for finding what you enjoy, not for committing forever.

QUESTIONS

29. Do I need to buy anything or sign up for a paid app?

No — everything here can be completely free.

Between your library card and a handful of free apps and websites, you can build this habit without spending a penny. If you ever do find a paid thing you love, that is your choice to make — but nothing in this method requires it, and you should never feel you must pay to keep a daily learning habit going.

QUESTIONS

30. Is it too late for me to start?

It is never too late, and the benefits are real.

It is never too late to pick up a small daily habit, and keeping the mind curious and engaged is good for us at any age. You are not competing with anyone or trying to pass a test. You are simply giving yourself fifteen pleasant minutes a day to keep learning — and that is a gift you can start giving yourself today.

QUESTIONS

31. Should I set a goal, or just enjoy it?

A gentle goal can help — pressure cannot.

A light goal, like reading a dozen books in a year or holding a short conversation in a new language, can give your habit a pleasant sense of direction. But keep it loose and kind. The moment a goal starts to feel like a deadline you are failing, it is doing more harm than good. Many people are happiest with no goal at all beyond the daily fifteen minutes. Either way is right.

QUESTIONS

32. What if I get bored with my one thing?

Boredom is a signal to change the content, not quit.

If your enthusiasm fades, that is simply a sign to refresh what you are doing — a new book, a new topic, a different app — while keeping the daily habit itself. The fifteen minutes stays; what fills it can change as often as you like. Switching things up is not failing at the habit; it is how a habit stays alive for years.

QUESTIONS

33. How do I know it is working?

Look back, not just forward.

Daily progress is real but almost invisible up close, because each step is tiny. The way to see it is to look back over a month or two — at the books finished, the words learned, the subject that no longer puzzles you. Keeping a few notes makes this easy and genuinely heartening. If you are showing up most days and enjoying it, it is working, even on days it does not feel like much.

MIND THE DISTRACTIONS

34. Keeping the phone from pulling you away

A few settings keep your fifteen minutes yours.

If your one thing lives on a phone or tablet, the same device can also pull you toward e-mail, news, and everything else. A little tidying helps: keep only your learning app on the first screen, and consider turning off notifications during your fifteen minutes so nothing buzzes for your attention.

You might even keep a separate, quiet spot for your habit — a particular chair, the kitchen table — away from the television and the busy parts of the house. Protecting the fifteen minutes from interruption is a small thing that makes the habit far more pleasant and far easier to keep.

WATCH OUT

Turn on 'Do Not Disturb' for your fifteen minutes, or simply leave the phone's other apps off the first screen, so your learning time is not hijacked by a notification.

A WORD ON PERFECTION

35. Letting go of perfect

Good enough, most days, is the whole game.

Perhaps the single most freeing thing to accept is that this habit does not have to be done perfectly. You will miss days. You will have stretches where you only manage two minutes. You will start a book and abandon it. None of that is failure; it is simply what a real, human, long-lasting habit looks like.

The people who keep learning for decades are not the flawless ones; they are the ones who kept gently coming back, imperfectly, for years. So aim for 'most days, more or less,' not for a perfect record. That relaxed, forgiving approach is exactly what makes a habit last.

QUESTIONS

36. Can I count things I already do?

Absolutely — build on what you already enjoy.

If you already do a crossword with breakfast, listen to an audiobook in the car, or read before bed, you have a learning habit already — you simply have not named it. Build on that rather than inventing something new. Naming the thing you already enjoy, protecting its fifteen minutes, and perhaps nudging it a little deeper is often the easiest and most lasting start of all.

QUESTIONS

37. What if fifteen minutes still feels like too much?

Then start with five — truly.

Fifteen minutes is a guide, not a rule. If even that feels like a lot, start with five, or with a single page or puzzle. A tiny habit you actually keep is worth infinitely more than a larger one you avoid. The length matters far less than the daily-ness, so shrink it until it feels almost too easy, and let it grow on its own if it wants to.

QUESTIONS

38. Does it matter what I learn?

Not really — curiosity counts more than importance.

It does not much matter whether you are learning French, the history of jazz, how to watercolor, or simply the names of the birds at your feeder. What matters is that you are keeping your mind engaged and curious a little each day. There is no league table of worthy subjects. The best thing to learn is whatever keeps you coming back, so follow your interest and do not second-guess it.

A FINAL WORD

39. One gentle last thought

The only real secret is to begin, and to be kind to yourself.

If you take nothing else from this guide, take this: keeping a curious, learning mind is not about discipline, cleverness, or doing anything grand. It is about one small, pleasant thing, done most days, for the simple joy of it. That is within anyone's reach, at any age, starting today.

So be gentle with yourself, pick the thing that delights you, give it its fifteen minutes, and let it become part of the quiet rhythm of your days. Years from now, those small daily minutes will have added up to something you would never have believed at the start — and you will have enjoyed every unhurried step of it.

QUICK RECAP

40. The quick recap

The whole method in one glance.

- Pick ONE free thing you will actually enjoy — a language, a puzzle, an audiobook, a short lesson.
- Pin it to something you already do every day, like your morning coffee.
- Keep it to about fifteen minutes so you never dread it.
- Set one gentle reminder, and keep a light streak or a few notes to see your progress.
- Miss a day without guilt — just begin again tomorrow; never miss twice in a row.
- Add a second habit only once the first feels automatic.

GOOD TO KNOW

One small thing, pinned to a daily anchor, kept short and pleasant. That is the entire secret to keeping a curious, active mind for years — and you can start it today.

BILL'S HERE TO HELP

41. You do not have to do this alone

You just have to remember that a friendly, patient person is one call away.

I hope this guide made the idea of a daily learning habit feel a little less daunting and a lot more doable. Keep it in a drawer with your other home papers, come back to a page whenever you need it, and do not worry for a moment about memorizing anything.

When you would rather have a hand, that is exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. A first visit is a flat \$99, and for the parts that do not need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day, come-back-free guarantee. I am a patient tech helper, so for setting up the apps and reminders behind your new habit I will happily sit with you until it all just works.

GOOD TO KNOW

Call or text me at (330) 200-8042, or visit BillsHomeTech.com. Serving Atwater and all of Portage County. 30+ years of patient, plain-English tech help — and if you are ever not 100% happy with a visit, I will make it right or refund it. That is a promise. — Bill

AT A GLANCE

A Picture to Follow Along

A Habit That Runs Itself

Four steps to fifteen easy minutes a day



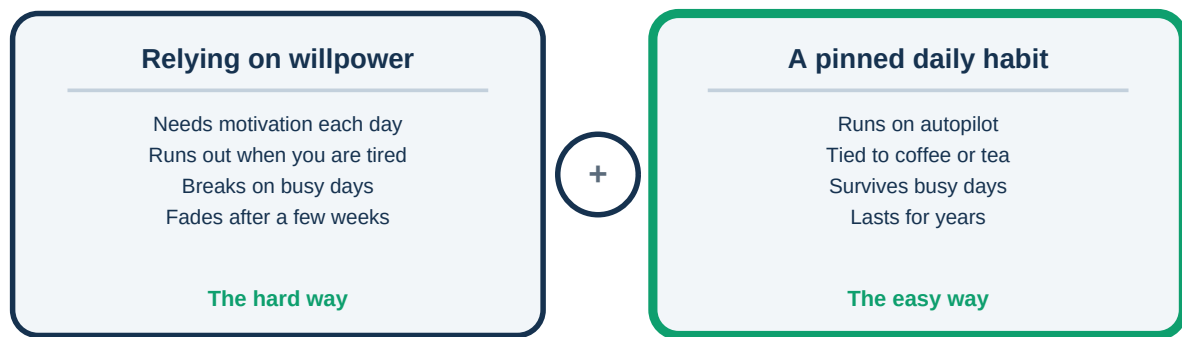
Small and pleasant, pinned to your day -- that is the whole secret.

AT A GLANCE

A Second Look

Willpower vs. a Habit

Why pinning it to your routine wins



Pin the new habit to an old one and it mostly takes care of itself.

A habit beats willpower -- set it up once, enjoy it for years.

BEFORE YOU GO

A Note From Bill

A quick note from Bill. I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results.



HOW I CAN HELP

Your Visit — and My Promise

In-home visit — \$99 flat for your first visit. No contracts and no surprise charges, and a 30-day follow-up is included.

Remote Support — \$49 for a screen-share session. I only connect with your permission, you watch the whole time, and you can end anytime. If I can't fix it over the screen-share, I refund the \$49 — and if it turns out you need me in person, that \$49 goes toward your visit. It's included free for Support Plan members (\$39/mo).

GOOD TO KNOW

My promise — If you're not 100% satisfied with your visit, I'll come back at no charge, or refund the full \$99. No questions, no awkwardness. That's how I'd want to be treated.

Call or text **(330) 200-8042** · Book a visit: **billshometech.com/book** · **bill@billshometech.com**

This free guide is for general information only — not professional advice, and no substitute for your device's own manual. Any prices or outside products mentioned can change; please confirm current details before you buy. Please use your own good judgment and follow it at your own risk — for anything involving electricity, gas, water, or heights, stop and call a licensed professional. Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results. © 2026 Bill's Home Tech, LLC.