





Focus Modes on **Android**

The Android companion to the iOS Focus kit. Four modes drawn from the selfdriven.you rhythm — **Curious, Caring, Constructive, Chill** — set up as Android **Modes**, with one-tap switching from the home screen.

 **Curious**

 **Caring**

 **Constructive**

 **Chill**

Android is not one phone

The Focus idea exists everywhere, but its name and location differ by maker. This guide covers the two most common — **Google Pixel / stock Android** and **Samsung Galaxy (One UI)**. Other brands — Xiaomi, OnePlus, Oppo — have the same features under their own names; steps will be close but not exact.

No profile file

The iOS kit included a **.mobileconfig** profile. Android has no consumer-installable equivalent — profile-based provisioning exists only through enterprise management. So this is a guide only; every step is done by hand, which is quick.

Where the Feature Lives

Android's Focus concept is split across two features. Find them on your phone before starting — paths differ by maker.



FEATURE 01

Modes

The equivalent of an Apple Focus — chooses what can interrupt you.

● Pixel / stock

PATH

Settings > Notifications > Modes. On Android 14 and earlier this is **Do Not Disturb** only — one mode rather than several.

● Samsung One UI

PATH

Settings > Modes and Routines > Modes. Samsung ships several presets (Sleep, Work, Driving) you can edit or copy.



FEATURE 02

Routines

Optional — triggers a mode from time, place or Wi-Fi. Used here only for the one-tap shortcut.

● Pixel / stock

PATH

Modes can be added to **Quick Settings** directly. For richer triggers, the **Google Home** app holds "Routines".

● Samsung One UI

PATH

Settings > Modes and Routines > Routines. Routines here can also be pinned to the home screen as an icon.

⚡ Which to use

If your phone has **Modes** (Pixel on Android 15+, or any recent Samsung), use it — you get all four selfdriven modes. If you only have **Do Not Disturb**, you get one customisable mode; treat it as "Constructive" and switch it on and off rather than between four.

The Four Modes

Create each one in the Modes screen from Part One. On Pixel tap **Add mode** > **Custom**; on Samsung tap **Add mode**. Set the name, then choose allowed apps and people to match.



01 — CURIOSITY

Curious

Learning, reading and exploration.

ALLOW NOTIFICATIONS

Reading, courses, notes, browser. Mute social and games.

DISPLAY OPTION

Samsung: a "Curious" home screen page. Pixel: greyscale off.

ALLOW CALLS

Starred contacts only.

MODE COLOUR

Saffron / amber.



02 — CARING

Caring

People, relationships and presence.

ALLOW NOTIFICATIONS

Messages, phone, photos, gallery. Mute all work apps.

DISPLAY OPTION

Samsung: hide work-app badges via the mode's app list.

ALLOW CALLS

Family and close contacts; enable repeat callers.

MODE COLOUR

Rose / pink.



03 — CONSTRUCTIVE

Constructive

Deep work and making things.

ALLOW NOTIFICATIONS

Work tools only. Mute everything else.

DISPLAY OPTION

Samsung: a work-only home screen page. Pixel: hide silenced notifications.

ALLOW CALLS

None, or a tiny work-critical list.

MODE COLOUR

Mint / green.



04 — CHILL

Chill

Winding down and rest.

ALLOW NOTIFICATIONS

Almost nothing. Mute time-sensitive alerts.

DISPLAY OPTION

Turn on Dark theme; pair with Bedtime (Pixel) or Sleep (Samsung).

ALLOW CALLS


Emergencies only; enable repeat callers.

MODE COLOUR

Violet / indigo.

One-Tap Switching

No schedules — you switch modes yourself. Android gives you two ways to make each mode one tap away.

- 1 Quick Settings tiles.** Swipe down twice, tap the **pencil / edit** icon, and drag the Mode (or Do Not Disturb) tiles into the active area. Each mode then toggles from the shade — the fastest route on a Pixel.
- 2 Home screen icons.** On Samsung, open **Modes and Routines**, open a mode or routine, tap the  menu and choose **Add to Home screen**. This drops a tappable icon — the closest thing to the iOS launcher.
- 3 Home screen widget.** Long-press the home screen › **Widgets** › find **Modes** (Samsung) or **Do Not Disturb / Settings** (Pixel) and place it. Several modes can sit in one block.

● Pixel / stock

BEST ONE-TAP ROUTE

Quick Settings tiles. Home screen mode icons are limited; the notification shade is where modes live.

● Samsung One UI

BEST ONE-TAP ROUTE

Add to Home screen, per mode — four branded icons, the direct parallel of the iOS web clips.

Turning one mode on automatically ends the previous one, so there is no separate "off" step — tap the mode you want next.

⚡ Power-user option

Apps such as Tasker or MacroDroid can create custom-styled home screen icons that switch modes, matching the selfdriven look more closely than the built-in tiles. Optional, and not needed for a working setup.

If your phone only has **Do Not Disturb**: you have one mode, not four. Customise it as "Constructive", add its Quick Settings tile, and toggle it on and off. Upgrading the OS may later unlock full Modes.