





Focus Modes for **selfdriven.you**

Four Apple Focus modes drawn from the selfdriven.you rhythm — **Curious**, **Caring**, **Constructive**, **Chill**. This guide covers creating each in Settings, then making every mode a single tap away with the Shortcuts app and a companion profile.

 **Curious**

 **Caring**

 **Constructive**

 **Chill**

About "programmatically"

Apple does not allow Focus modes to be **created** by an API, profile, or shortcut — they are added by hand in Settings > Focus. What this kit automates is the **switching**: one-tap Shortcuts plus Home Screen launchers installed by the companion profile, so every mode is a single tap away.

The Four Focus Modes

Create each of these in **Settings > Focus > +** (top-right). Choose "Custom", give it the name and colour below, then set Allowed People, Allowed Apps and a Focus Filter to match.



01 — CURIOSITY

Curious

Learning, reading and exploration.

ALLOWED PEOPLE

A small set — calls from Favourites only, no one urgent.

ALLOWED APPS

Reading, courses, notes, browser. Silence social & games.

FOCUS FILTER

A Home Screen page holding only your learning apps.

MODE COLOUR

Saffron / amber.



02 — CARING

Caring

People, relationships and presence.

ALLOWED PEOPLE

Family and close contacts — allow calls and messages.

ALLOWED APPS

Messages, phone, photos. Silence all work apps.

FOCUS FILTER

Hide work calendars; show personal calendar only.

MODE COLOUR

Rose / pink.



03 — CONSTRUCTIVE

Constructive

Deep work and making things.

ALLOWED PEOPLE

None, or a tiny work-critical list only.

ALLOWED APPS

Only your work tools. Silence everything else.

FOCUS FILTER

Work-only Home Screen page; Safari work tab group.

MODE COLOUR

Mint / green.



04 — CHILL

Chill

Winding down and rest.

ALLOWED PEOPLE

Emergencies only — enable "Allow repeated calls".

ALLOWED APPS

Silence almost everything. Time-sensitive off.

FOCUS FILTER


Dark appearance; dimmed Lock Screen; pair with Sleep.

MODE COLOUR

Violet / indigo.

Creating Each Mode

Repeat these steps four times — once per mode on the previous page. It takes about two minutes each.


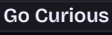
- 1 Open **Settings** › **Focus**. Tap the  in the top-right corner and choose **Custom**.
- 2 Type the **name** (e.g. "Curious"), pick the **colour** and an **icon**, then tap **Next** and **Customize Focus**.
- 3 Under **Allow Notifications**, set **People** and **Apps** to match the card for that mode. Switching to "Silence" instead of "Allow" inverts the list if that is easier.
- 4 Scroll to **Focus Filters** and add a filter — a Home Screen page, a Calendar set, dark appearance, or a Safari tab group — as noted for the mode.
- 5 Skip **Set a Schedule** — you will switch modes yourself. Part Three turns each mode into a one-tap Home Screen launcher.

⚡ Tip — Home Screen pages

Before building the filters, set up one Home Screen page per mode (long-press the Home Screen › tap the page dots › arrange apps). Then each Focus can show only its own page — the single biggest win of the whole setup.

One-Tap Switching

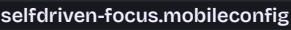
No schedules — you switch modes yourself. The goal is to make that a single tap. Build one shortcut per mode, then put all four on your Home Screen.

- 1 In **Shortcuts**, open the **Shortcuts** tab and tap  to make a new shortcut.
- 2 Add a single action: search **Set Focus**, choose the mode, set it to **On**, and leave the option as **Until Turned Off**.
- 3 Name it exactly  — the name matters, the companion profile's launchers point at these names. Repeat for all four.
- 4 Add each to the Home Screen via the shortcut's ... menu > **Details** > **Add to Home Screen** — or install the companion profile, which places all four branded icons at once.

SHORTCUT NAME	ACTION	FOCUS MODE
Go Curious	Set Focus → On	
Go Caring	Set Focus → On	
Go Constructive	Set Focus → On	
Go Chill	Set Focus → On	

Turning one mode on automatically replaces whichever was active, so there is no separate "off" step — just tap the mode you want next.

The companion profile

The file  installs four Home Screen icons — Curious, Caring, Constructive, Chill — each a launcher for the matching shortcut above. Install it via **Settings** > **General** > **VPN & Device Management** after the four shortcuts exist. The profile cannot create the Focus modes themselves; that is Parts One and Two.