

Unplugged

"I challenge myself to a digital detox for one week"

1. List 3 things you will minimize this week.

Ex: TV, news, social media

A. _____

B. _____

C. _____

2. List 3 things you'll replace your distractions with.

Ex: reading, exercise, journaling

A. _____

B. _____

C. _____

3. I will put my phone away at _____p.m.

4. Tips for a successful detox.

A. Work with someone else if possible. Accountability is key.

B. Most phones have usage hours. Check the hours before the week and after.

C. Ask yourself "why?" each time you pull out your phone.