

DIGITAL MINIMISATION

RULES FOR THE CHALLENGE MONTH

GENERAL

- Use a notebook to capture thoughts I would normally enter into Apps, add in those thoughts via desktop at the end of the day
- No social or mail apps on phone
- Google using desktop only, write in notebook what's needed and search later
- Trello desktop only
- WhatsApp desktop only for Mercer posts, confirming plans and SU share of talks

EMAIL

- Check email only twice a day 8.30am – 9am, 4.30pm – 5.00pm, set timer for 30 minute blocks
- Activate freedom to only allow these windows and block other interruptions

LINKEDIN

- 1 video upload per week on Weds to share learnings from the challenge
- Can only check LinkedIn Weds 10am when uploading 30 mins and Monday 9am
- Must use desktop no app on phone

PHONE

- Use freedom
- Use DND 9.30am–12pm & 12.30pm–4.30pm
- Instil human conversation hours Wednesday & Thursday from 4.30pm till 5pm
- No phone on public transport or touching when walking unless on a call
- No checking text messages unless at daily scheduled admin times
- Text is only to be used to confirm plans not for conversation

OUT & ABOUT

- Don't hotspot

BRAIN TIME

- Walks to the park are phone free
- One long walk per week – 45 mins

NEXT STEPS

- Plan active leisure time
- Plan intentional human connections
- Create one thing per week: drawing, painting, learn guitar songs, craft with Sax

HABIT TRACKER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

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