



# 7-DAY CHALLENGE

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DIGITAL DETOX

*A guided journey to reclaim your time,  
refresh your mind, and reconnect with what  
really matters.*

# DAY 1

## AWARENESS

### DISCOVER YOUR HABITS

#### Today's Focus:

Take a closer look at how often you reach for your phone. Awareness is the first step toward meaningful change, so spend today tracking your screen time.

Use your phone's screen time tracker or tally each time you pick it up.

The goal is to understand your habits, not criticize them.

#### MY GOALS FOR TODAY \*EXAMPLES

\*TRACK HOW OFTEN I CHECK SOCIAL MEDIA.

\*LOG THE TOTAL TIME SPENT ON MY PHONE.

#### WHAT DO I HOPE TO LEARN FROM TRACKING MY SCREEN TIME?

#### WHAT SPECIFIC APP/HABIT DO I WANT TO PAY CLOSER ATTENTION TO?

DID I TRACK MY SCREEN TIME TODAY? YES NO

TOTAL SCREEN TIME TODAY: .....HOURS .....MINS

# WHAT I NOTICED TODAY

\*WHAT PATTERNS OR HABITS SURPRISED YOU?

\*HOW DID TRACKING YOUR SCREEN TIME MADE YOU FEEL?

*REFLECT ON YOUR EXPERIENCE*

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You've taken the first step by becoming aware of your habits - GREAT JOB!  
Tomorrow, we'll focus on setting boundaries to create intentional no-phone space in your daily routine. Keep going, every step matters!

# DAY 2

## NO-PHONE ZONE

### CREATE SPACE TO RECONNECT

#### Today's Focus:

Create a dedicated no-phone zone in your home. It could be your bedroom, dining table, or a cozy reading nook. This space is for relaxation and reconnection – without distractions.

#### MY GOALS FOR TODAY \*EXAMPLES

- \*KEEP MY PHONE OUT OF THE BEDROOM TONIGHT.
- \*ENJOY A PHONE-FREE DINNER AT THE TABLE.

#### WHICH SPACE WILL I MAKE PHONE-FREE TODAY?

#### WHAT ACTIVITIES CAN I DO THERE TO ENJOY THE PHONE-FREE TIME?

DID I SET UP PHONE-FREE ZONE TODAY?      YES      NO

HOW MUCH TIME DID I SPEND IN PHONE-FREE ZONE?

.....HOURS .....MINS

# WHAT I NOTICED TODAY

- \*HOW DID I FEEL TO KEEP THIS SPACE PHONE-FREE?
- \*WHAT BENEFITS DID I NOTICE FROM THIS CHANGE?

*REFLECT ON YOUR EXPERIENCE*

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You are building healthy boundaries - GREAT WORK!  
Tomorrow, we'll focus on starting the morning without screens to bring clarity  
and intention to your day.

# DAY 3

## START FRESH

### MORNING WITHOUT SCREEN

#### Today's Focus:

Start your day screen-free for the first 30 minutes. Instead of scrolling, choose an intentional activity like journaling, stretching, or enjoying a peaceful breakfast. Notice how this sets a positive tone for the rest of your day.

#### MY GOALS FOR TODAY \*EXAMPLES

- \*SPEND 10 MINUTES JOURNALING WITH MY COFFEE.
- \*STRETCH OR MEDITATE BEFORE STARTING MY WORKDAY.

#### WHAT ACTIVITY WILL I DO INSTEAD OF CHECKING MY PHONE?

#### HOW CAN I MAKE MY MORNING FEEL MORE INTENTIONAL?

DID I START MY MORNING SCREEN-FREE TODAY? YES NO

HOW LONG DID I STAY SCREEN-FREE? .....HOURS .....MINS

# WHAT I NOTICED TODAY

- \*HOW DID IT FEEL TO START YOUR DAY WITHOUT SCREEN?
- \*DID THIS CHANGE THE FLOW OR MOOD OF YOUR DAY?

*REFLECT ON YOUR EXPERIENCE*

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You're creating space for intentional mornings - WELL DONE!  
Tomorrow, we'll focus on taking mindful breaks throughout the day  
to refresh and recharge.



# DAY 4

## MINDFUL BREAKS

### REFRESH AND RECHARGE

#### Today's Focus:

Incorporate mindful breaks into your day by stepping away from screens for 10 minutes every hour. Use this time to hydrate, stretch, or enjoy a few moments of silence. These small pauses can help reset your focus and energy.

#### MY GOALS FOR TODAY \*EXAMPLES

\*TAKE A 10 MINUTE WALK OUTSIDE AFTER EVERY HOUR OF WORK.  
\*USE MY BREAKS TO PRACTICE DEEP BREATHING OR DRINK WATER MINDFULLY.

#### HOW WILL I REMIND MYSELF TO TAKE BREAK TODAY?

#### WHAT ACTIVITIES WILL I DO DURING MY BREAKS?

DID I TAKE MINDFUL BREAKS TODAY?      YES      NO

TOTAL NUMBER OF BREAKS: .....



# WHAT I NOTICED TODAY

\*HOW DID STEPPING AWAY FROM SCREENS IMPACT MY FOCUS AND MOOD?

\*DID THESE BREAKS HELP ME FEEL MORE REFRESHED?

*REFLECT ON YOUR EXPERIENCE*

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You are learning to refresh and recharge - GREAT JOB!  
Tomorrow, we'll focus on reconnecting with the people around us by creating meaningful, phone-free interactions.

# DAY 5

## RECONNECT

### STRENGTHEN YOUR CONNECTIONS

#### Today's Focus:

Put your phone away and dedicate time to reconnecting with the people around you. Plan an activity that's entirely phone-free, like having a heartfelt conversation, sharing a meal, or going for a walk with someone you care about.

#### MY GOALS FOR TODAY \*EXAMPLES

- \*HAVE A PHONE-FREE DINNER WITH MY FAMILY OR FRIENDS.
- \*GO FOR A WALK WITH YOUR KIDS OR A CLOSE FRIEND.

#### WHO WILL I RECONNECT WITH TODAY?

#### WHAT PHONE-FREE ACTIVITY CAN WE DO TOGETHER?

#### DID I CREATE PHONE-FREE TIME WITH SOMEONE TODAY?

YES NO

TOTAL TIME SPENT CONNECTING .....HOURS .....MINUTES

# WHAT I NOTICED TODAY

\*HOW DID BEING PRESENT AFFECT YOUR CONNECTION WITH OTHERS?

\*WHAT DID YOU ENJOY MOST ABOUT TODAY'S INTERACTIONS?

*REFLECT ON YOUR EXPERIENCE*

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You've strengthened your connections today - AMAZING WORK!  
Tomorrow we'll focus on decluttering your digital space to create a more mindful and inspiring environment.

# DAY 6

## DIGITAL DECLUTTER

### SIMPLIFY YOUR DIGITAL WORLD

#### Today's Focus:

Take some time to declutter your digital space. Unfollow accounts that no longer inspire you, delete unused apps, and organize your home screen for easier navigation. Simplifying your digital environment can make screen time more intentional and less overwhelming.

#### MY GOALS FOR TODAY \*EXAMPLES

- \*UNFOLLOW 10 ACCOUNTS THAT NO LONGER BRING VALUE TO MY LIFE.
- \*ORGANIZE MY HOME SCREEN BY REMOVING UNNECESSARY APPS.

#### WHICH APPS OR ACCOUNTS CAN I REMOVE TODAY?

#### HOW CAN I ORGANIZE MY PHONE TO REDUCE DISTRACTIONS?

DID I DECLUTTER MY DIGITAL SPACE TODAY?      YES      NO

NUMBER OF APPS/ACCOUNTS REMOVED: .....

# WHAT I NOTICED TODAY

\*HOW DID DECLUTTERING MY DIGITAL SPACE MAKE ME FEEL?

\*WHAT POSITIVE CHANGES DID I NOTICE IN MY SCREEN TIME HABITS?

*REFLECT ON YOUR EXPERIENCE*

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You've simplified your digital world - GREAT JOB!  
Tomorrow, we'll wrap up the challenge with a reflection on your progress and how to maintain your new habits moving forward.

# DAY 7

## REFLECTION

### EMBRACE YOUR GROWTH

#### Today's Focus:

Take time to reflect on your journey over the past week. Celebrate your wins, big or small, and think about how you can incorporate the habits you've built into your daily life moving forward.

#### MY GOALS FOR TODAY \*EXAMPLES

\*CONTINUE STARTING MY MORNINGS SCREEN-FREE.

\*SET A WEEKLY REMINDER TO DECLUTER MY DIGITAL SPACE.

#### WHAT HABITS FROM THIS CHALLENGE DO I WANT TO KEEP?

#### WHAT WILL I DO TO MAINTAIN BALANCE IN MY SCREEN TIME?

DID I COMPLETE THE 7-DAYS CHALLENGE?      YES      NO

ONE HABIT I'M EXCITED TO CONTINUE: .....

# WHAT I NOTICED TODAY

- \*WHAT WERE MY BIGGEST TAKEAWAYS FROM THIS CHALLENGE?
- \*HOW DO I FEEL ABOUT MY RELATIONSHIP WITH SCREENS NOW?

*REFLECT ON YOUR EXPERIENCE*

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Congratulations on completing the challenge!  
You've made meaningful strides toward a more intentional, balanced relationship with technology. Remember, these small changes can have a big impact over time.