

# Digital Detox Checklist



## WEEK 1- choose 4

- ☐ Unfriend/ unfollow people
- ☐ Remove unwanted apps
- ☐ Unsub. From newsletters
- ☐ Delete phone numbers
- ☐ Delete photos
- ☐ Leave Facebook groups
- ☐ Block exes, ex-friends, etc.
- ☐ Make list of things you enjoy

## WEEK 3 - choose 4

- ☐ Phone-free until after lunch
- ☐ Notifications off all day
- ☐ Social media-free day
- ☐ Have fun & don't share it
- ☐ 5-minute scroll limit
- ☐ Leave phone at home
- ☐ Charge phone away from bed

## WEEK 2 - choose 5

- ☐ No TV all day
- ☐ Enjoy a tv/phone free meal
- ☐ Turn off phone for 1 hour
- ☐ Notifications off on days off
- ☐ Have fun & don't share it
- ☐ Sit in public w/o phone
- ☐ Cellphone-free hour
- ☐ Choose a space for phone
- ☐ Physical reading not digital

## WEEK 4 - choose 5

- ☐ 3 tasks before phone-time
- ☐ Join positive fb groups
- ☐ Subscribe to new lists
- ☐ Phone-free room in house
- ☐ Follow inspiring accounts
- ☐ Watch educational tv
- ☐ Do something fun online
- ☐ Create happy playlist
- ☐ Happy/funny album on phone

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