



7 DAY DIGITAL DETOX



DAY 1 SCREEN-FREE MORNING

Avoid checking your phone or email for the first 30 minutes after waking up. Instead, stretch, meditate, or enjoy your coffee mindfully.

DAY 2 TECH-FREE MEAL

Have one meal today without your phone or any screens. Focus on the flavours and conversation if you're dining with others.

DAY 3 EVENING UNPLUG

Turn off all screens at least 1 hour before bed. Replace with reading a book, journaling, or listening to soothing music.

DAY 4 DIGITAL DECLUTTER

Organise your phone or email inbox. Delete apps or emails that no longer serve you.

DAY 5 TAKE A NATURE BREAK

Spend 15-30 minutes outside without your phone. Focus on the sounds, sights, and smells around you.

DAY 6 SOCIAL MEDIA TIME-OUT

Limit your social media use to just 10 minutes today. Spend the saved time on a creative hobby or connecting with someone face-to-face.

DAY 7 REFLECT

Write or think about how it felt to disconnect. What benefits did you notice? Plan to continue one of these habits beyond the challenge.



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