



5-day Digital Detox

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Ever wake up, grab your phone, and instantly get bummed out by something you see? Or pick up your phone to check something "real quick" throughout the day and find yourself 15 minutes later mindlessly scrolling through social media? 🤔

In today's world, it can be a constant struggle for a lot of us. It's hard not to be connected to everyone and everything, all day, everyday. What is meant to be "convenient" can cause a lot of stress and lack of focus on what is directly in front of us and deserves our full attention.

This 5-day digital "detox" isn't completely unplugging for 5 days, but is for creating the habit of detaching ourselves from the constant dependence on electronics (primarily phones and social media, cause let's face it, they can be life-suckers 😞).

I hope you find this helpful, and I'd love your feedback on how it goes for you! Please shoot me an email me at hopeforthemommasheart@gmail.com to let me know.

Love and blessings,

Kristin ❤️

5-Day Digital Detox

STEP 1 - MAKE LISTS

1. List your gadgets/devices

- Write down everything that you use on a daily basis - phone, tablet, computer, laptop, TV, iPod, etc. Don't leave anything out.

2. List of your **KEY** priorities

- **Key priorities** are areas that are extremely important to you, but that you may need accountability with. Some examples of these could be faith or family - things that you can't imagine your life without, yet you may still struggle with giving them the time that they need.
- These are not your *intrinsic* priorities, which are areas you are naturally drawn to and may need to be forced to break away from. For example, work. If you're a workaholic or truly love what you do, work can be hard to break away from even for your key priorities like spending time with family.

3. List things you like to do that do not involve electronics

- Do you enjoy reading? Playing an instrument? Being outdoors? Board games? Having coffee with a friend? Running? Sewing? Cooking? Baking? Exercising?
- Think of things that you haven't had time for in a while that you would love to get back into.

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STEP 2 - SET YOURSELF UP FOR SUCCESS

1. Schedule limited screen time for yourself

This will be different for everyone, so figure out something that works for you. Make sure that you make it realistic, not to hinder any work that needs to be done or cause problems for yourself. But don't be too lenient on yourself either. The idea is to create CHANGE, and break away from your devices more.

2. Turn off your phone notifications

If you're accustomed to checking your phone every time a notification pops up, TURN THEM OFF. You are not a slave to your phone and your notifications, and you are not required to answer them immediately.

3. Turn off devices at least 2 hours before bedtime

If possible, keep them out of your bedroom. Or if you're like me and use your phone as an alarm clock, log out of all social media and/or email accounts before bed to eliminate the temptation to check them "real quick" (ha!) before going to sleep.

4. Keep devices off for 2 hours after waking

Don't let yourself be overwhelmed with that stressful email or message as soon as you wake up. Leave the devices off for a while after waking.

5. Create a morning routine that inspires you

Since you're not touching your devices for a couple hours after waking, think about some positive habits that you can try incorporating into your routine instead. If you have a habit of checking your phone immediately after waking, try replacing that habit with something like reading, listening to a podcast, exercising, etc. If you try to eliminate a habit without replacing it, you'll be likely to return to it out of boredom or impatience.

6. Tell your family and friends what you're doing

It will help you stick to your commitment, and may even inspire them to try it with you!

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REMEMBER...

1. Be realistic in your goals

Don't attempt to cut everything off cold turkey. There is a time and place for electronics, and we shouldn't turn this into something stressful that will hinder our ability to complete necessary tasks.

2. **STICK TO YOUR COMMITMENT!**

This is NOT going to be easy. Habits are difficult to break, but totally worth it. DON'T GIVE UP!! You are worth it.

Commitment

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I, _____, commit to this 5-day digital detox, and will stick to my plan outlined below. If at anytime I slip up, I will pick back up and start again from where I am. Because I am human and therefore am not perfect, I will have grace with myself in the struggles, and stay committed to myself in the difficulties.

~ I will only use my electronic devices at the following time(s):

~ I will turn off my electronic devices (or log out of social media and email) at _____ (at least 2 hrs before bedtime).

~ I will not turn on my electronic devices until at least 2 hours after waking (unless absolutely necessary).

~ I will turn OFF my phone notifications (this includes social media, emails, and any other applicable apps).

~ For the next 5 mornings, I will replace usual screen time with the following:

Gadgets & Devices

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- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Key Priorities

5-Day Digital Detox

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Activities & Interests

5-Day Digital Detox

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____