

Searching for connection...

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.....

Connection not found.



## BY THE NUMBERS

- X YouTube users upload 500 hours of video / minute
- X ...and watch 694,000 hours of video / minute
- X ... more than Netflix: 452,000 hours / minute
- X 3 billion FaceBook users spend 20 hrs / month on avg.
- X ... with 4.5 billion likes per day
- X Average phone use is over 5 hours a day
- X 72% say "they couldn't live without their phone"





“Life, at its best, is happening right in front of you.  
These experiences will never repeat themselves.  
These conversations are unfiltered and authentic.”

- Joshua Becker,

7 Important Reasons to Unplug and Find Space

## LESS PREACHY, MORE TEACHY

Less of this:



THOU SHALT NOT

More of this:



Have you tried...?





Time for a Digital Diet!!



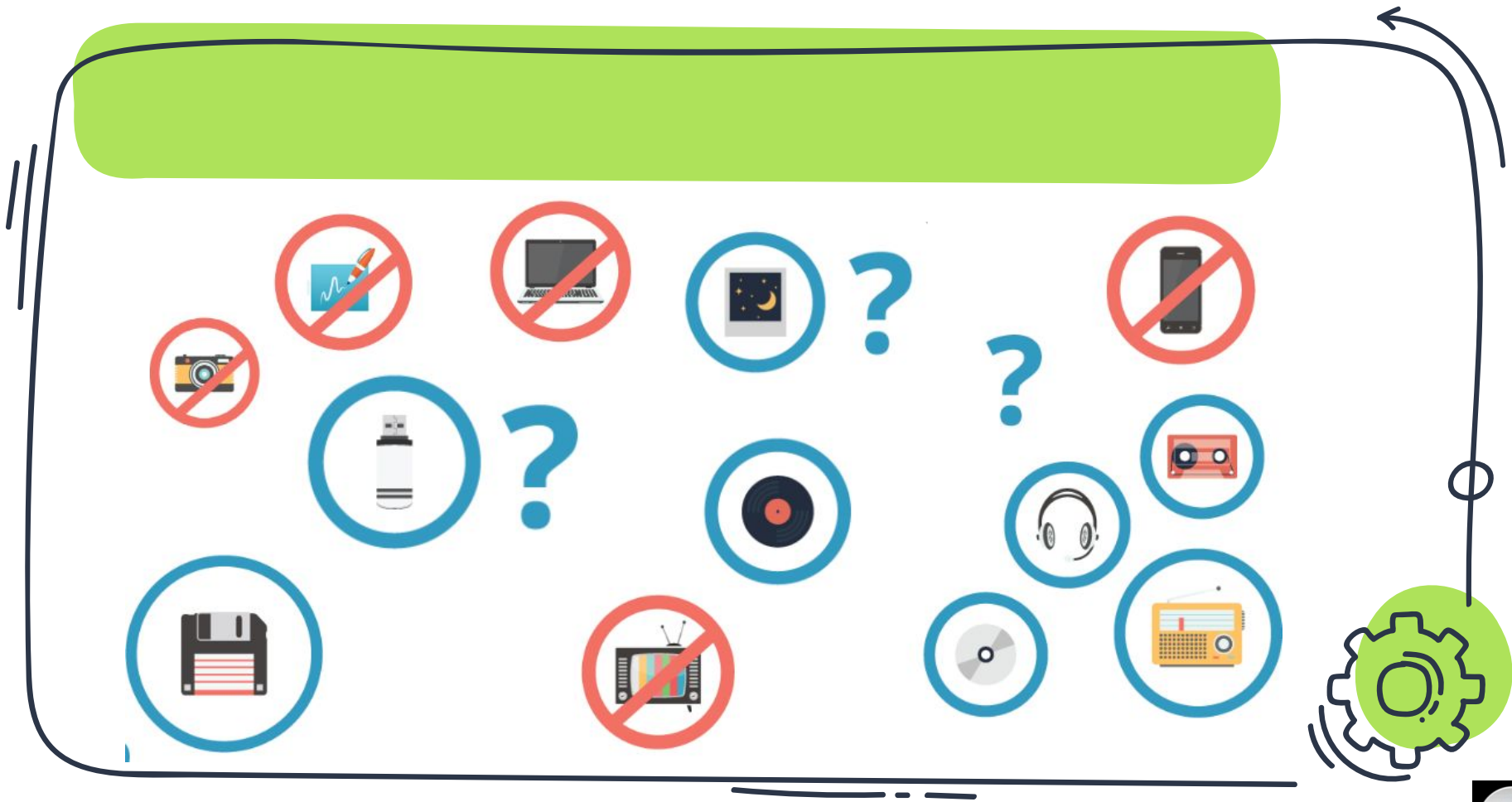






Almost everything  
will start to work again  
if you unplug it for a little while...

INCLUDING YOU.





EXPERIMENT UNTIL YOU FIND THE RIGHT MIX

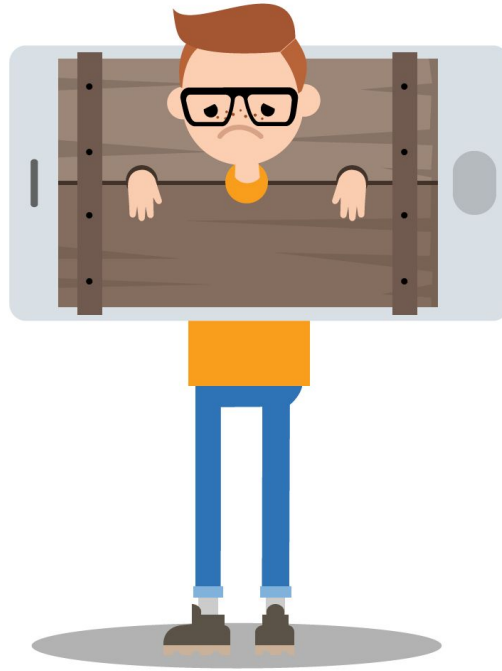


## EASE BACK IN

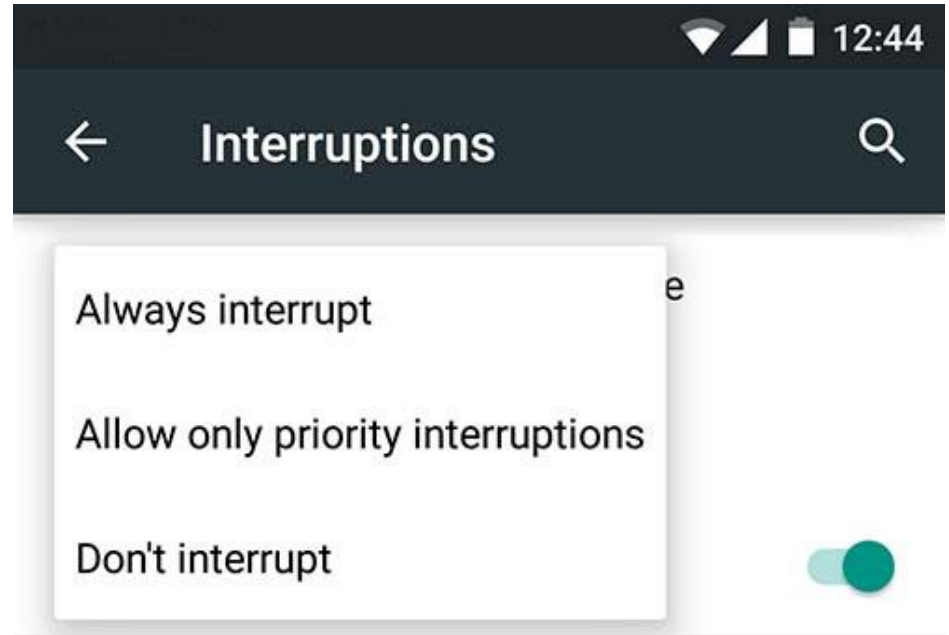
- ✗ 30 min sorting email and deleting garbage.
  - ✗ Not reading or responding.  
Just sort and delete the non-essentials.
- ✗ 30 min to respond to critical social media issues.
  - ✗ Which accounts do you NEED to look at?
- ✗ How far back (in hours) will you scroll?



PREPARE OR DESPAIR



AN EMERGENCY BY  
ANY OTHER NAME...









**I LOVE ON CALL**

**ON CALL IS MY FAVORITE**

SAID NOBODY,  
EVER.





Network found. Re-connecting now...