



7-Day Digital Detox

Reduce your device use and build healthier habits with simple, mindful steps to help you disconnect and recharge.

My intention:

QYD

DAY 2

NO-PHONE TIME

Goal: Spend 30 minutes without using your phone

Why: Taking a break from your phone allows you to be present in the moment

Tip: Choose a specific time, such as during a meal, to put your phone away

Reflection: What was it like to spend 30 minutes without your phone?

Optional Boost: Try 60 minutes of no-phone time today.



APP CLEANSE

GOAL Delete one app that drains your time or energy.

 **WHY** Removing friction helps you break habits.

 **TIP** Start small with an app like TikTok, Twitter, or a news app.

REFLECTION PROMPT

*What triggered you to open that app?
How did it feel to remove it?*

BOOST

Delete three apps instead of one.

Day 4

INTRODUCE BOUNDARIES

Decide on time limits for social media, games, and other apps. Use your phone's settings to set app time limits.



7-DAY PHONE DETOX

DAY 5

Screen-Free Hour



Choose one hour today to
go without screens.

TIP: Do something analog,
like a walk or journaling.

How did it feel?

BONUS: Try 2 hours!

QYD

QUIT YOUR DEVICE



DAY 6

NO-PHONE MORNING

Avoid using your phone for the first hour after you wake up. Use that time to start your day mindfully and distraction-free.



DAY 7

UNPLUG

Turn off your phone for an hour today and focus on enjoying a device-free activity.