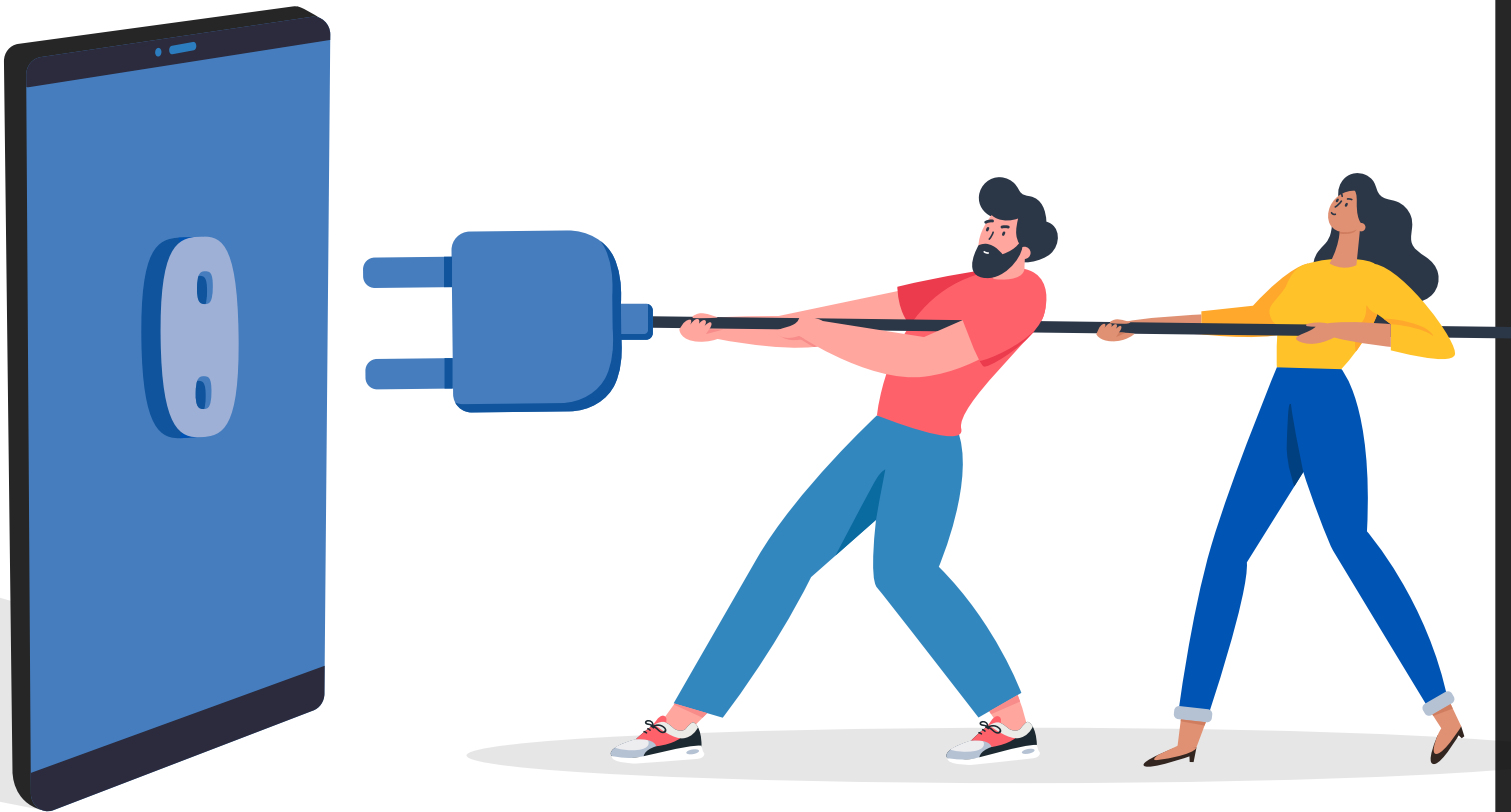


SUCCESS+

# DIGITAL DETOX PLANNER

**Unplug From Distractions.  
Re-Establish Connection with Yourself.**



## Define Your Goals and Motivation

Why do you want to do a digital detox?

What specific negative impacts of technology do you want to address?

How does information overload affect your life?

What do you hope to achieve?

How will you measure success?

## Identify Your Biggest Digital Distractions

Which apps or websites do you spend the most time on?

Which notifications are the most disruptive?

When are you most likely to reach for your phone?

## Set Realistic Goals

1. Start small and gradually increase the duration of your detox.
2. Don't try to quit cold turkey if it feels overwhelming.
3. Consider incorporating "mini detoxes" throughout the day.
4. Be patient with yourself and embrace the process.



### Create a Detox Schedule

How much time will you allocate for technology use?

When will you completely disconnect?

## Tips for Success

### Prepare Your Devices

- ☐ Turn off notifications for all non-essential apps.
- ☐ Delete or hide distracting apps from your home screen.
- ☐ Set up parental controls or app blockers if needed.

### Inform Others

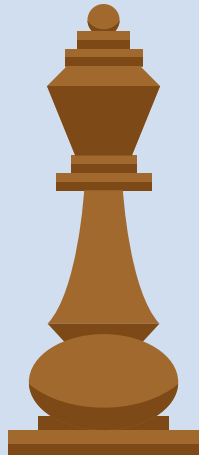
- ☐ Let friends, family, and colleagues know about your digital detox.
- ☐ Set up an alternative communication method for emergencies.

### Additional Tips

- ☐ Find an accountability partner to support you.
- ☐ Explore mindfulness and meditation practices.
- ☐ Spend time in nature to reconnect with the physical world.

# INDOOR & OFFLINE

- **Creative:**  
Painting, writing, music, crafting, cooking
- **Educational:**  
Reading, learning, building models, experimenting, memory games
- **Social:**  
Board games, video games, puzzles, potlucks
- **Relaxation:**  
Meditation, yoga, journaling, music



# OUTDOOR & OFFLINE

- **Physical:**  
Hiking, running, biking, swimming, sports
- **Leisure:**  
Gardening, birdwatching, stargazing, picnicking, walking, meditating
- **Social:**  
Community events, concerts, barbequing, trivia night, attending/watching sports games



## ADD YOUR OWN:

*Make sure you have the necessary supplies or resources ready!*

# Keep a Journal to Record Your Thoughts, Feelings, and Challenges.

How does your technology use impact your well-being?

What have you achieved during your digital detox?

Did you experience any challenges? If so, what did you learn?

What situations or emotions lead you to instinctively reach for your phone?

How can you manage boredom, anxiety, or the fear of missing out (FOMO) without technology?

What steps can you take to be prepared for unexpected situations that might tempt you?

How can you reward yourself for reaching significant milestones in your digital detox?

What positive changes have you noticed in yourself or your life since reducing your use?

