

DIGITAL DETOX GUIDE

7-Day Media Reset Plan

There is good in all of us

Choose90.org

Before You Begin: The Most Important Step

Tell the World. Invite Humanity.

Before you audit your screen time. Before you delete a single app. Before you take your first step toward a healthier media diet—**there is one thing that matters most:**

Tell the people you love that you're choosing 90.

This isn't just about you. It never was. **This is about all of us.** Every single human being. Because here's the truth that the algorithms don't want you to know:

There is good in ALL of us. Every person. No exceptions.

But 90%+ of what we're fed—the news, the clickbait, the outrage cycles—is negative, divisive, and designed to make us forget that truth.

The Real Problem Isn't People. It's What We're Consuming.

The media landscape is poisoned. Not by accident, but by design.

- **90%+ of news is negative** because fear and outrage sell.
- **90%+ of clickbait is false or twisted** because truth doesn't generate clicks.
- **90%+ of social media algorithms** push division because engagement equals profit.

We've been drowning in the worst 10% of humanity for so long that we've started to believe **that's all there is.**

But it's a lie.

There is good in your neighbor. In your coworker. In the stranger at the grocery store. In you.

The question isn't whether good exists. **The question is: what are YOU going to contribute?**

This Is Where Choose90 Begins

Choose90 is a personal commitment:

"I will make 90% of my posts, comments, and shares positive and uplifting."

Not because you're naive. Not because you're ignoring problems. But because **you refuse to let the algorithms use you as a weapon of negativity.**

And here's the grace in it:

The 10% is for being human.

Bad days happen. Frustration is real. Sometimes you need to vent, to grieve, to speak hard truths.

That's okay. That's the 10%. You're allowed to be real.

But when 90% of what you put into the world is positive, hopeful, and life-giving?

You become the antidote to the poison.

Your First Mission: Declare It. Share It. Invite Others.

Before Day 1, take 15 minutes to do this:

1. Post Your Commitment Publicly

Share on social media, text a group chat, or send an email. Use your own words, but here's a template if it helps:

"I'm joining the Choose90 movement. I'm committing to make 90% of my posts, comments, and shares positive and uplifting—because I believe there is good in ALL of us, and it's time we started acting like it. I'm tired of the 90%+ negative media cycle. I'm choosing to be part of the solution. I'm going to improve my social, mental, and physical wellbeing. Not because I'm perfect, but because I'm human—and the 10% bad days are part of the deal. And I'm inviting you to join me. Let's stop letting algorithms tell us who we are. Let's choose hope. Let's choose connection. Let's choose 90. Learn more: Choose90.org"

2. Have the Conversation

Call someone you care about. Don't text—**call**. Or better yet, sit down face-to-face.

3. Create Accountability

Ask 2-3 people to join you on this 7-day journey. Check in daily. Share what's hard. Celebrate what's working. **Do this together.**

Introduction to the 7-Day Plan

In a world where we're bombarded with endless notifications, news cycles, and social media feeds—**90%+ of which is negative, divisive, and toxic**—it's time for a reset.

This 7-day Digital Detox Guide is designed to help you:

- **Reclaim your attention** from algorithms designed to exploit you
- **Rebuild healthy media habits** that serve your wellbeing, not corporate profits
- **Reconnect with the good** that exists in all of us

This isn't about perfection. You don't need to go completely offline or throw your phone in a drawer. This is about **intentional consumption, boundary-setting, and becoming the 90% positive force the world desperately needs.**

Day 1: Awareness – Take Inventory

Goal: Understand what you're consuming and how it's affecting you.

Morning Action (10 minutes):

Audit your media diet:

- Check your phone's Screen Time (iOS) or Digital Wellbeing (Android) settings.
- Write down: Total hours spent, Top 3 apps used, Top 3 websites/news sources
- Ask yourself: How much of what I consumed yesterday was negative vs. positive?
- How did I feel after consuming it?

Throughout the Day:

Notice your triggers. When do you reach for your phone? Track the negativity ratio. You'll likely find it's **90%+ negative. That's not an accident. That's the algorithm.**

Evening Reflection (5 minutes):

1. What surprised me about my media consumption today?
2. How much negativity am I actually consuming without realizing it?
3. What do I want to feel MORE of in my life?
4. What do I want to feel LESS of?

Day 2: Boundaries – Declutter Your Digital Space

Goal: Remove the 90%+ negative sources and create intentional barriers.

Morning Action (20 minutes):

- 1. Delete or hide toxic apps:** Remove apps that consistently feed you negativity
- 2. Unfollow/Mute aggressively:** Unfollow accounts that spark negativity, comparison, outrage
- 3. Turn off non-essential notifications:** Keep ONLY calls, texts, and calendar reminders

Throughout the Day:

Create phone-free zones: dining table, bedroom, bathroom. Use a physical alarm clock.

Evening Reflection:

How does my phone feel different now? What was hardest to delete or unfollow?

Day 3: Replacement – Fill the Void with Intention

Goal: Replace mindless scrolling with meaningful activities.

Morning Action (5 minutes):

Create an "**Instead of Scrolling, I Will...**" list. Examples:

- Read 10 pages of a book
- Take a 5-minute walk
- Text a friend something encouraging
- Sketch, journal, pray, or meditate
- Listen to an uplifting podcast
- Do 10 push-ups or stretches

Throughout the Day:

The 5-Minute Rule: When you feel the urge to scroll, do ONE thing from your list for just 5 minutes. Most cravings pass within that window.

Batch your media time: Check email/social media ONLY during designated windows (e.g., 12 PM and 6 PM).

Day 4: Connection – Prioritize Real Relationships

Goal: Shift from passive consumption to active connection.

Morning Action (10 minutes):

Reach out to 3 people you've been meaning to connect with:

- Call a friend. Don't text—actually talk.
- Write a handwritten note or meaningful email
- Plan an in-person coffee, walk, or meal

Throughout the Day:

Be fully present in conversations. Put your phone face-down during meals and hangouts. Practice the Choose90 rule in communication: Make 90% of what you say and share positive.

Day 5: Consumption & Contribution – The 90/10 Filter

Goal: Be intentional about what you consume AND what you contribute.

Morning Action (15 minutes):

Part 1: Audit your media sources

What podcasts, YouTube channels, newsletters do you consume? Do they feed you 90%+ negativity or uplift you?

Part 2: Audit your own output

Scroll through your last 20 posts/comments. Count how many were positive vs. negative. What's your ratio?

Throughout the Day:

Apply the Choose90 filter to consumption: Aim to consume 90% uplifting content.

Apply the Choose90 filter to YOUR output: Before posting, ask: Is this positive and uplifting, or adding to the 90%+ negative noise?

Day 6: Rest – Establish Tech-Free Rituals

Goal: Build daily rhythms that protect your mental and emotional space.

Morning Action (5 minutes):

Create a morning ritual WITHOUT your phone: Wait at least 30 minutes after waking before checking your phone. Start with: prayer, journaling, stretching, coffee in silence, or a short walk.

Throughout the Day:

Establish a "**digital sunset**": Set a time (e.g., 8 PM) when you stop consuming media. Use the evening for: reading, family time, hobbies, conversation, or rest.

Pro Tip:

Charge your phone OUTSIDE your bedroom. This single habit transforms sleep quality and morning peace.

Day 7: Commitment – Lock in Your Reset

Goal: Turn this 7-day detox into sustainable, life-changing habits.

Morning Action (15 minutes):

Review your week: Revisit your Day 1 reflections. What's changed? What habits do you want to keep? How do you feel compared to 7 days ago?

Throughout the Day:

Write your Choose90 Media Manifesto.

This is your personal commitment statement. Example:

"I commit to making 90% of my posts, comments, and shares positive and uplifting—because I believe there is good in all of us, and the world needs to see it. I will protect my attention from the 90%+ negative media cycle. I will give myself grace for the 10%—the bad days, the honest struggles, the moments I need to be real. I will not be a weapon of the algorithm. I will be a force for hope. I choose 90. I choose connection. I choose to believe in humanity—starting with myself."

Evening Reflection:

- What are 3 non-negotiable boundaries I'm setting moving forward?
- How will I stay accountable?
- What's one thing I'll do differently tomorrow because of this week?

Bonus: Maintenance Plan – Staying Reset

Daily Habits:

- Morning: 30-minute phone delay. Start with intention, not distraction.
- Throughout the day: Apply the 90/10 filter to what you consume and contribute.
- Evening: Digital sunset. No screens 1 hour before bed.

Weekly Check-In (5 minutes every Sunday):

Review your screen time stats. Ask yourself: Am I still aligned with my Choose90 commitment?

Monthly Detox Day:

Once a month, go 24 hours with minimal or zero screen time. Reconnect with nature, people, books, hobbies, and yourself.

Community Accountability:

Join the Choose90 community forum or find a local chapter. Share your wins, struggles, and strategies. Encourage others. Be encouraged. **Do this together. Forever.**

Final Thoughts

This guide isn't about becoming a digital hermit or pretending the world is perfect.

It's about choosing intentionality over autopilot.

It's about recognizing that **there is good in ALL of us**—but we've been fed 90%+ negativity for so long that we've forgotten.

You're not giving up technology. **You're taking back control.**

You're refusing to be a pawn of algorithms designed to divide, enrage, and exploit.

You're choosing to be part of the solution.

You're choosing 90.

You'll sleep better.

You'll feel lighter.

You'll reconnect with people you love.

You'll remember what hope feels like.

And most importantly: **You'll inspire someone else to do the same.**

There is good in all of us.

Let's prove it.

Choose 90. Reset your media. Reclaim your life.

Resources & Support

- **Download this guide:** Choose90.org/resources
- **Join the Choose90 Community:** Choose90.org/chapters
- **Share your journey:** #Choose90Reset #Choose90Movement
- **Need help?** Email us at support@choose90.org

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There is good in all of us. Let's choose to show it.