I began my fast from all information technology on April 7th at 8:25 PM. The fast lasted 22 hours and 8 minutes, ending on April 8th at 6:33 PM. During this time, I prohibited all interaction with technology including my cell phone, laptop, television, and more importantly, the internet. Through this experience, I learned how important technology is to maximizing productivity.

Starting the evening of April 7th, I turned off all technology, mainly my cell phone and laptop. I only focused on work that was solely based on reading and writing. Usually, I am on my cell phone and laptop for the majority of the day, so as I started my fast, everything took much longer to do. I had little to no contact with any of my friends and no access to helpful information online. I had to use physical copies of textbooks to take notes which was more difficult and took more time and effort. Before I sleep, I usually make sure my alarm is set to 9:00 AM, but since this was on my cell phone, I had nothing to wake me up in the morning. Not having an alarm to wake me up was challenging. Waking up on time is crucial.

The next morning, I woke up fifteen minutes later than usual. Without an alarm to wake me up, it was more difficult to get up on my own. I went to class normally and all went well, till I planned on going grocery shopping later that day. Unfortunately, I realized my shopping list was on my phone. Since I could not access the list, I had to remember everything and write it down, which was inconvenient. The busses come once every so often and if I had access to my phone, I would be able to time the arrival perfectly. Sadly, that could not happen and I wasted about fifteen minute’s total, waiting for the bus, to and from my apartment. Even though stopping technology is possible, I was not able to maximize my productivity because of how much time I wasted.

At 6:33 PM that day, I broke my fast. Immediately, I turned on my phone and texted my girlfriend. That was my breaking point. After coming back to the real world, I realized that technology has a big contribution to productivity. Without my phone, I had little to no communication with my friends and girlfriend. 83% of people at the University of Michigan said that cell phones made life easier (Gibson, 2013). At this point, I realized how much that is true. With no access to my phone, I lost a substantial amount of time throughout the day. Though not having a phone to use is possible, it made life more difficult. Through my experience, I have learned that technology has become an important asset in my life. It helps me in everyday tasks, but more importantly, it helps maximize productivity and can lessen the time spent for each task I do.

References

Gibson, M. (2013, February 18). *Cell phone statistics: updated 2012.* Retrieved from http://www.accuconference.com/blog/Cell-Phone-Statistics.aspx