

Objective:

Experience the practice of mindfulness by spending one day disconnected from all technology. Reflect on the insights, challenges, and impact of this experience in a written response.

Instructions**1. Preparation:**

- Choose a day where you can commit to disconnecting fully from technology (phones, computers, TVs, and other digital devices).
- Inform friends, family, or anyone else necessary about your plan to ensure you won't be disturbed.
- Set aside essential tasks beforehand (e.g., checking work emails, planning directions).

2. Rules for the Day:

- Avoid using any form of technology for entertainment, communication, or work.
- Refrain from social media, texting, calls, or watching videos.
- Engage fully with the present moment—whether that's through walking, reading a book, cooking, or simply sitting quietly.
- Use this opportunity to practice mindfulness in your daily actions. Pay attention to sensations, sounds, smells, and feelings as they arise.

3. Observe and Reflect:

- As you go about your day, take note of:
 - **Your initial reactions:** How does it feel to be without technology?
 - **Moments of clarity or insight:** Did you notice anything new about your environment or yourself?
 - **Challenges:** What was difficult, and how did you handle those moments?
 - **Mindful practices:** How did you engage with mindfulness throughout the day?

4. Write Your Reflection:

- After completing your day of disconnection, write a reflection (300–500 words) that addresses the following:
 - What were your expectations before beginning, and how did your actual experience compare?
 - What insights did you gain from being present without digital distractions?
 - What difficulties did you encounter, and how did you work through them?
 - How might this experience inform your relationship with technology moving forward?