

### Week Two : Unplug

This week, bring awareness to your current behaviors and patterns around technology. Ask yourself the following questions ...

- What is necessary? What brings you joy? Where do your true responsibilities lie?
- When are you using it as a buffer? Or something to fill space? Or push down complicated emotions?
- What would you do with more time? What would you do if you could be more present in your life?
- How would safety feel in your body? How would it feel to be more intentional?

### Challenges: Pick One

- Assess who you're following on social media. Ask how you're feeling and WHY.
- Stay off of one app for the week. Bring awareness to how you feel each day.
- Assess your time on digital devices and turn on app time limits.
- Prioritize an activity where you will be phone free.
- Remove distracting apps from your home screen.
- Turn on airplane mode or do not disturb at a specific time in your day.
- Communicate and set a boundary with friends/family.
- Don't charge your phone in your bedroom or charge your phone across the room so you don't "doom scroll".
- Put your phone away when you walk in the door.
- Phone free dinner.
- If detaching from work is an issue for you, begin to practice professional detachment.
- Pick one day a week to stay off your phone. ex. Sunday afternoons.
- Do a 30 day experiment where you disengage from certain technologies, see what changes and what you'd like to reintroduce- refer to Digital Minimalism book by Cal Newport.
- Create a personal mission statement to ground you to what's truly important in your life.



At the end of the week, what did you notice?

There's no right way to live, this is all meant for YOU to decide.

