12 Digital Detox Ideas

Celebrate National Day of Unplugging by doing a tech or digital detox from your tech devices. Like your body, you mind needs break the world too.

- [ ] Remove negative or time consuming apps from your phone.
- [ ] Put all tech devices away after 6pm
- [ ] No tech devices on Saturday or Sunday (pick one)
- [ ] Remove your phone charger from next to your bed.
- [ ] Commit to using certain apps on your laptop, not your phone.
- [ ] Separate your phone from your wallet, so you can go places w/o your phone.
- [ ] Remove the TV from your bedroom.
- [ ] Do not bring your phone to the gym.
- [ ] Commit to buying real books.
- [ ] Schedule designated times to check email. (10am, 2pm, 5pm)
- [ ] Go back to a dumb watch, instead of a smart watch.
- [ ] Turn off all push notifications on phones

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