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DIGITAL DETOX CHECKLIST



PLAN IN ADVANCE

Find a time that everyone in the family can shut down their devices for at least 24 hours.



WRITE DOWN A MISSION STATEMENT

Put into words the reason you are detoxing to remind yourself and your family why the detox is important.



KEEP YOUR FAMILY'S DEVICES STORED TOGETHER

This will make it easier to keep track of all devices and curb potential rule breaking.



LET PEOPLE KNOW YOU'LL BE OFFLINE

Tell anyone who regularly contacts you of your detox plans, so they understand that you'll be away from your devices.



PLAN ACTIVITIES TO ENJOY TIME AWAY FROM DEVICES

Enjoy your time away from the digital world with unplugged activities that will teach your family to find peaceful and fun moments away from screens.



PREPARE TO LOG BACK ON

There will undoubtedly be a barrage of notifications and alerts when you log back on. Since this may be overwhelming and overstimulating, be patient and take it step-by-step.



SCHEDULE A REGULAR DETOX

Whether you want one monthly, bi-weekly, or weekly, a regular detox can help streamline your thoughts, re-focus your goals and balance your normally tech-riddled life.

