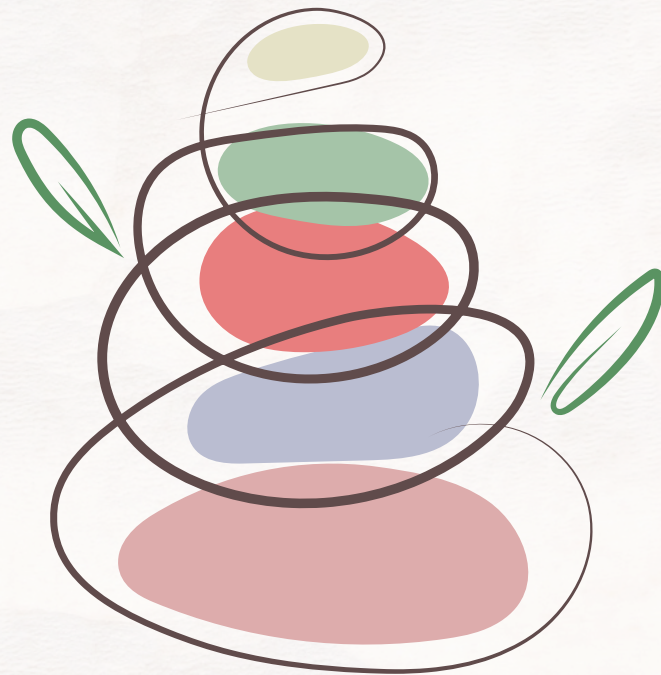


# DIGITAL DETOX CHALLENGE

30 days to unplug and reset





# Goals

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- 
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# Limitations

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- 
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# Activities

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# Mindful Prompts



**DIGITAL INVENTORY**

**SCREEN-FREE BEDROOM**

**RECONNECT WITH NATURE**

**COZY EVENINGS**

**LEARN A NEW SKILL**

**CONNECT TO A FRIEND**



# Journal Prompts

**How did I do today?**

**How do I feel?**

**What can I do differently tomorrow?**

**What difficulties did I face?**

**How did I react?**

**What is my goal for tomorrow?**

**What replacement will I focus on?**



# Daily Progress

Day 1

Day 2



# Daily Progress

Day 3

Day 4



# Daily Progress

Day 5

Day 6



# Daily Progress

Day 7

Day 8



# Daily Progress

Day 9

Day 10



# Daily Progress

Day 11

Day 12



# Daily Progress

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Day 13

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Day 14

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# Daily Progress

Day 15

Day 16



# Daily Progress

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Day 17

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Day 18

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# Daily Progress

Day 19

Day 20



# Daily Progress

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Day 21

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Day 22

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# Daily Progress

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Day 23

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Day 24

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# Daily Progress

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Day 25

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Day 26

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# Daily Progress

Day 27

Day 28



# Daily Progress

Day 29

Day 30



# Reflections



# Small Wins



# New habits





SELF CARE  
IS A  
PRIORITY  
AND  
Necessity  
NOT A  
LUXURY



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