EXPLORE YOUR QUESTIONS
Digital Detox!

What's Your Why?		
Where is digital content taking over your time?	**How does digital content make you feel?**	**What aren't you doing because of digital clutter?**
Email Surfing the web Social media Video streaming services Cable channels News media Subscription radio Podcasts Managing file storage Stressing over it all!	Tired from over-engagement? Overwhelmed with managing the sheer volume? Distracted from your work or family?	What might you do *without* these digital sources? What do you *want* to do, but can't find the time for? Are you so distracted...you don't know what you want?

Craft a Digital Detox That Works For You…and Challenges You!			
Identify your starting point.	**Know your limits.**	**Then stretch them.**	**Set yourself up for success.**
How often are you online each day? How many times do you check your phone? Do any digital app/sources feel addictive?	Does your job/life require some connectivity? What's the longest you've been disconnected? What level of *digital fast* feels managale?	Can you restrict/delete troublesome apps? Can you commit to more time offline? Can you put down all devices for that time?	Find a day with fewer demands. Share your intentions with others. Silence all notificaitons. Make plans for rest and play. Reserve time to reflect on the experience.

Evaluate Your Digital Fast…and Set Real Boundaries.	
How did it go?	**What were your take-aways?**
Did you experience discomfort, or frequent urges to reach for your device? *How did you handle that? What worked to redirect your attention?* Did you notice more about your environment? What new activities (*or old favorites*) did you participate in? Were you more engaged with your family, friends, and community?	How did your mood and stress levels compare to an average day? Did you gain a new appreciation for the **quality** of your time? Did the digital detox give you a greater sense of space or freedom? *How can you bring just a little bit more of that into your daily life?*

"As the world becomes a more digital place, we cannot forget about the human connection." ~ Adam Neumann