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7-Day Digital Well-Being Challenge

Modern life floods us with curated images and real-time metrics designed to spark comparison and draw our attention to it. This challenge offers bite-sized activities – each just minutes long – to disrupt unhelpful digital habits, reduce envy, and strengthen your sense of self-worth.



openup

Daily Value-Check

Every morning choose one core value (e.g. kindness) and write it down.

Let this value anchor your mindset as you move through the day. By starting each day with this simple reminder, you create a filter that keeps you focused on what truly matters.

Digital Audit

Unhelpful comparisons often start with algorithmic suggestions. A quick check today helps you see and remove the digital prompts that feed envy or insecurity.

📌 MICRO ACTIVITIES

1. Scan Your Main Feeds

- Open Instagram, Facebook, Twitter, TikTok - each one, spend 1–2 minutes noticing posts that trigger envy or self-doubt (e.g., perfect bodies, luxury lifestyles, boastful achievements).

2. Mute/Unfollow One Trigger Account

- For each platform, pick one account whose content pushes you toward comparison. Mute or unfollow it now.

3. Adjust Algorithm Settings

- On one app, go to “Settings → Content Preferences” or “Feed Preferences.”
- Turn off “Suggested for you” or “Recommended posts,” or mark recent content as “Not Interested.”

4. Replace with Positive Content

- In the empty slot, follow one account that aligns with your values (e.g., a mindfulness page, educational channel, or a friend).

5. Remove or Mute Apps

- For every app or account that regularly sparks envy, insecurity, or FOMO, either delete it or turn off its notifications today.

💡 Reflection

- Which account was hardest to mute/unfollow?
- How do you feel knowing your feed will show less comparison-triggering content?

Full-Day Social Media Detox

Taking a full day away from social media gives your mind room to reset and helps you see just how often comparison impulses arise. Today's practice builds into tomorrow's habit by adding time limits.

MICRO ACTIVITIES

1. Commit to a Detox Day

- Makes today your social-media-free day. As soon as you start, delete or log out of all social-media apps and don't reopen them until tomorrow morning.

2. Plan Three Value-Aligned Substitutes

- Schedule short, meaningful tasks throughout the day – e.g., a 10-minute walk for well-being, reading a chapter of a learning book for growth, or calling a friend for connection.

3. Short Guided Mindfulness Break (5min)

- During your detox day, take a moment to centre yourself with our 5-minute guided meditation. By pairing this meditation with your screen-free commitment, you'll notice how immediate stillness can replace the urge to scroll. [Listen to the meditation](#)

4. Review Your Phone's Activity Data & Set Limits (At Day's End)

- Before bed, open your phone's Screen Time (iOS) or Digital Well-Being (Android) and view your average daily usage over the past week for each social-media app.
- Based on that data, choose a practical daily limit (e.g., if you averaged 2 hours on Instagram, start with 45 minutes).
- Enter those limits so they activate tomorrow.

Reflection

- How did a full day without social media affect your focus, mood, or urge to compare?
- Did replacing scrolling with value activities feel rewarding?

Build a Healthy Support Circle

Surrounding yourself with positive, supportive people lowers the urge to compare. Strong social ties boost self-esteem and keep negative comparisons at bay.

MICRO ACTIVITIES

1. List Your Current Circle

- Write down 3–5 people you talk to regularly (family, friends, colleagues). Beside each, note if they tend to uplift you or increase comparison stress.

2. Identify Gaps

- If your circle feels thin or competitive, scroll to find one local or online group aligned with an interest you have (e.g., book club, walking group, photography forum).

3. Take One Action

- Send a message to one positive contact today—plan a coffee chat or send a supportive note
- Or, join one online group (click “join” or “follow”).

4. Set a Follow-Up

- Schedule another check-in (call or meetup) with your support person or new group in the next three days.

Reflection

- How did reaching out or joining a new group feel?
- Did you notice a shift in your confidence or sense of belonging?



Focus on What You Have

Gratitude shifts your mind away from “what others have” and back to your own life – reducing envy and comparison.

MICRO ACTIVITIES

1. Three-Minute Gratitude List

- Spend three minutes listing five things you appreciate in your life right now (e.g., “My morning coffee ritual,” “My reliable backpack,” “A supportive friend”).

2. Gratitude Letter

- Choose one person you’re grateful for. Write a brief message thanking them for something specific they’ve done (e.g., “Thank you for listening when I needed support”).

3. Share Gratitude

- Send that letter or a shorter grateful note (an emoji or “I appreciate you”) to the person you chose.

Reflection

- Which gratitude item brought you the biggest sense of relief?
- How did expressing gratitude to someone else affect your mood?



Practice Self-Compassion

Cultivating empathy and compassion reshapes how you relate to others – and yourself – making comparison less appealing. Small, focused exercises can expand your perspective & soften self-criticism.

MICRO ACTIVITIES

1. Treat Yourself Like a Friend

- Think of a close friend struggling. Write one sentence: “I would say to them...”
- Now write how you respond to yourself in similar situations. Notice any difference.
- Take your self-critical sentence and rewrite it as if speaking to that friend.
- Read the new phrase aloud: “I would tell myself...”

2. Inner Child Check-in

- Picture your younger self during a difficult moment. Ask: “What would my child-self need to hear today?”
- Write down that comforting phrase (e.g. “I believe in you”).

3. Journaling

- Name an Insecurity: In two quick sentences, describe one imperfection (appearance, work, or relationship) that makes you feel inadequate.
- Feel the Emotion: Spend one minute writing how you feel when that insecurity comes up—no judgment, just honest emotion.
- Write a Compassionate Letter: Imagine a loving friend who knows all your strengths & weaknesses. In three sentences, write to yourself from their perspective, reminding yourself that you’re accepted exactly as you are & offering empathy for that insecurity.

Reflection

- Which exercise helped you understand yourself or others more deeply today, and what did that insight reveal about your comparison habits?
- How can you apply this newfound empathy or self-compassion the next time you catch yourself comparing?

Compete with Yourself

Measuring progress against your own benchmarks fosters growth without comparison to others.

MICRO ACTIVITIES

- Select One Metric**
 - Pick a personal goal area (e.g., pages read, steps walked, water glasses drank).
- Record Today's Benchmark**
 - Note down your current number (e.g., "I read 10 pages this morning").
- Set Tomorrow's Improvement**
 - Decide on a realistic bump (e.g., "Read 12 pages tomorrow," or "Walk 5,000 steps vs. 4,000 today").
- Track Tomorrow**
 - After tomorrow's session, note if you hit the target & how you felt.

Reflection

- Was focusing on your own metric less stressful than eyeing someone else's progress?
- Did you feel more motivated by beating your own record?

Congratulations!

You've completed the 7-Day Digital Well-Being Challenge. Keep this handout where you can see it. Continue with your **Daily Value Check** each morning and revisit these micro-activities whenever you feel the pull of comparison or your activities online are heavy on your mental well-being.

Next Steps: Consider repeating this challenge monthly or combining elements (e.g., gratitude + self-competition) to deepen lasting change.

Reflect & Plan

Review your key takeaways & set yourself up for sustainable habits.

MICRO ACTIVITIES

- Scroll Through Your Notes**
 - Quickly reread your reflections from Days 1–6; highlight one insight from each day.
- Celebrate Three Small Wins**
 - Write down three successes (e.g., "Muted two triggering accounts," "Did my daily value check every morning," "Reached my reading goal").
- Identify One Ongoing Trigger**
 - Note a comparison habit you still want to tackle.
- Set a Weekly Value-Aligned Goal**
 - Choose one SMART goal based on your top values for next week (e.g., "Growth: Spend 10 minutes nightly reading," "Connection: Call a friend twice this week").

Reflection

- Which habit felt most natural to keep?
- How will you remind yourself to continue these practices next week?

