



My Digital Reset

10 minutes for self-reflection & digital clarity

Self-Reflection

Look back on your digital detox week and let your thoughts flow honestly.

Which challenge made the biggest difference for you? Why?

What surprised you most?

What did you miss, and what not?

Your New Digital Normal

Start & end of your digital day:

- Start at _____ am
- Off by _____ pm

Your ideal screen-free time each day: e.g., “First hour of morning”



2 moments your phone stays out of sight: e.g., “During meals”

- 1.
- 2.

Your reward: e.g., “a long bath”



Set Your Mantra

This isn't the end, it's the beginning of a more intentional relationship with tech.

Your 1-line mantra or monthly commitment: e.g., “I protect my energy by unplugging before bed.”

