

Health Yourself

Digital Declutter Challenge

Do you ever notice...

A gravitational pull to check your devices?

Feeling anxious if you don't have your phone on you?

Wanting to be on your screens while with the people you most enjoy?

Feeling numb to real life events and what should be incredible sensations?

You're not alone and it's not your fault! Our brains have been hijacked by the hyperstimulation that our phones, apps, and screens provide as we become addicted to the dopamine response we get from these sources.



The good news is we can reclaim our attention span, brain power, and connection with some conscious unplugging. It won't be easy or quick, since we are working against technology engineered to profit off of our distracted brains, but it is possible!



Join us in July to declutter your digital life. Let's relearn how to unwind in ways that feel restorative and align with who we want to be and how we want to feel.

When:

Get started with our Digital Declutter Game Plan July 1- 6.
Start using the weekly logs July 7- August 3.

How it works:

Use the Digital Declutter Gameplan to sort out your personal goals and ideas.

Each week you'll have the chance to try new strategies to prevent and triage screen time, and an opportunity to try screen-free activities.

See how many unplugged hours you can log and how it feels after four weeks.

Healthy Reward Points:

Complete and return all 4 weeks of logs by 8/11 to qualify for 15 Health Yourself points and prize drawings.



Digital Declutter Game Plan

For your eyes only!

On a scale of 1-10, circle how much time you spend on screens at work (0= not at all, 10= every hour). Then star the number you would like it to be.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, circle much time you spend on screens in your free time. Then star the number you would like it to be.

1 2 3 4 5 6 7 8 9 10

What most often draws you to your screens? Star the ones that feel truly fulfilling.

What keeps you on your screens longer than you'd prefer?

Circle the feelings that prompt you to reach for your devices:

Anger Stress Anxiety Worry Fear Frustration Loneliness Exhaustion

Procrastination Overwhelm Boredom Happiness Excitement

What are some things you could try instead of reaching for your devices when you notice these feelings coming on?

Okay, let's dig a little deeper:

What is your main motivation to lessen your plugged-in hours?

Fast-forward 20 years- if you were to stay on track and change nothing about your screen time habits, what impacts do you imagine?



Digital Declutter Game Plan

For your eyes only!

What are the areas of your life where you definitely need to be plugged in? (ie: on call)

When do you currently use screens, but would like to explore using them a little less?

Where would you like to make some major shifts reducing your screentime?

What will be the trickiest parts of dialing down your screen consumption?

What are some things you could try to help navigate those tricky spots?

Use the remaining space below to make a list of things- both big and small- you'd like to do instead of scrolling. Make sure to include some fun ones since we don't want to replace a previous source of excitement with drudgery!

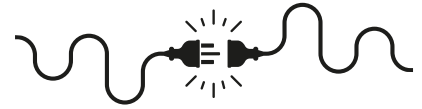
Small stuff:

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Big stuff:

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Digital Declutter Weekly Log



Week 1: July 7- 13

Name : _____

Top reason to unplug? _____

Don't limit screentime just yet! This week simply **pay attention and notice** and then **set yourself up for success** by decluttering the less useful tech from your everyday life.

Objective # 1: just notice when you use screens. Take in all the details- where are you, what are you doing, how does it feel, etc.

What did you notice about your screentime this week? No judgment necessary.

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Objective #2: untangle the ways your apps, phone, watch, etc. support you from how they hinder your attention, connection, and being present.

Take steps to eliminate the distractions where you can. Some ideas include turning off notifications, deleting apps, automating 'do not disturb' time, and unsubscribing from texts and emails.

What did you try?

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Objective #3: reach out to ask a friend or family member to be your accountability partner for this challenge- tell them why you want to spend less time on your screens.

Who's your accountability partner? _____



Name : _____

What's **one thing** you'd like to try this week to reduce the temptation to get on your devices?

What's **one thing** you can try this week when you get sucked into your screens to snap yourself out of it?

What are some **fun** things you want to do instead of scrolling this week?

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

What did you notice this week?



Name : _____

What's **one thing** you'd like to try this week to reduce the temptation to get on your devices?

What's **one thing** you can try this week when you get sucked into your screens to snap yourself out of it?

What are some things you want to **do** instead of zoning out on your screens this week?

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

What did you notice this week?



Name : _____

What's **one thing** you'd like to try this week to reduce the temptation to get on your devices?

What's **one thing** you can try this week when you get sucked into your screens to snap yourself out of it?

What are some things you want to **be fully present for** instead of scrolling this week?

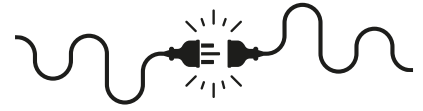
Monday Tuesday Wednesday Thursday Friday Saturday Sunday

This worksheet is designed for practicing the letter 'o'. It contains seven vertical columns of red circles. The first column is for tracing, and the others are for independent practice. At the bottom, there are green grass-like shapes and a small blue cloud-like shape.

What did you notice this week?



Digital Declutter Reflections



What did you notice from the past 4 weeks?

What worked well?

What guardrails can you put in place now to protect your hard-won attention, presence, and joy gains?

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What plans can you make now to prioritize *true* fun, making memories, and being present? (ie: book a remote getaway, join an in-person club or league, learn how to play an instrument, etc.).

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