

# DIGITAL DETOX



## YOUR GOALS

We encourage you to set 3 small goals that you can achieve over the next 2-4 weeks (to start with) that will start your journey towards lifelong mindfulness. Once you have achieved these goals or mastered these habits, you can set 3 new ones.

When writing your goals down (up to 3) list a specific outcome and how this outcome will impact you. Also think about defining your goals correctly including proximity, specificity, action-oriented, purpose, and duration.

1.

2.

3.

## BARRIERS

What do you think may be your barriers, challenges or hurdles to overcome in order to reduce your screen time?

## ARMOURY

What strategies, resources, tools, and support do you have or can you use to overcome the road bumps and barriers to your digital detox?

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## ACTION LISTS

Create a list of one-off steps required to support your goals / habit changes

## HABIT TRACKERS

List a series of daily / regular behaviours that need to be altered to help you achieve your goals around digital detox.

HABIT	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15