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7-day digital detox challenge



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D I G I T A L D E T O X 

7-day reset

Days 1-2: notice and reduce

Day 1: Check your screen time (Settings shows it) — no judgement, just notice

Day 2: Turn off non-essential notifications

Move social apps off your home screen

Notice every time you reach for the phone out of habit

Days 5-6: reclaim time

Day 5: A 2-hour phone-free block doing something you enjoy

Day 6: A full phone-free evening

Replace scrolling with a book, walk, hobby or people

Notice how you feel

Days 3-4: create boundaries

Day 3: No phone for the first hour after waking

Day 4: No phone at meals

Charge the phone outside the bedroom overnight

Use a real alarm clock, not your phone

Day 7 + beyond

Day 7: A (mostly) phone-free day

Which changes will you keep?

Set lasting limits that worked for you

The goal isn't zero — it's intentional

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