



Digital Detox

Success begins with a plan. We've provided a few ideas to get you started. Complete this template to create your action plan for Digital Detox. Then follow the steps you've defined to achieve your goal.

Name:

Date:

My goal is to:

I will complete my goal by: (date)

I will know I've achieved my goal when:

DIGITAL DETOX TIP:

If a certain app (like Facebook or Candy Crush) is really addicting, delete it from your phone.

I am working on this goal with: (add names)

Specific steps I will take to reach my goal:

Resources I can use:

I will complete this step by: (date)

1. Learn what a digital detox is	<u>5 Ways to Do a Digital Detox</u>	
2. Assess whether I need a digital detox	<u>Quiz: Do I Need a Digital Detox?</u>	
3.		
4.		
5.		