

7-Day Digital Detox Journal

Welcome to Your Digital Detox

This 7-day journal is designed to help you unplug, reset, and reconnect with what truly matters. Inspired by science-backed methods and practical tips from these insightful reads:

[Digital Minimalism by Cal Newport](#)

[How to Break Up With Your Phone by Catherine Price](#)

[Stolen Focus by Johann Hari](#)

[The Mindful Day by Laurie Cameron](#)

Throughout this week, use the space provided to reflect on your progress, challenges, and how you feel. You can print this out or use it digitally.



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Day 1: Morning Mindfulness

- Avoid all screens for the first 30 minutes after waking.
- Sit in silence, journal, or do light stretching instead.

How I felt today:

What I struggled with:

What I'm proud of:



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Day 2: Cut the Noise

- Turn off all non-essential notifications.
- Check email and social media only at set times.

How I felt today:

What I struggled with:

What I'm proud of:



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Day 3: Meal Presence

- Have every meal without a screen.
- Focus on the taste, smell, and people around you.

How I felt today:

What I struggled with:

What I'm proud of:



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Day 4: Nature Connection

- Take a 30-minute walk outside without your phone.
- Notice your surroundings-trees, sounds, smells.

How I felt today:

What I struggled with:

What I'm proud of:



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Day 5: App Audit

Delete (or hide) one distracting app for the day.

Notice how it feels not to use it.

How I felt today:

What I struggled with:

What I'm proud of:



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Day 6: Journal It Out

- Spend 15-30 minutes reflecting on your detox journey.
- Write about how you feel, what's changed, and what's next.

How I felt today:

What I struggled with:

What I'm proud of:



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Day 7: Full Digital Sabbath

Unplug from all screens after 6 PM.

Spend your evening reading, relaxing, or connecting offline.

How I felt today:

What I struggled with:

What I'm proud of:



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Final Reflections

You've completed your 7-day detox! Use this space to reflect on your overall experience and set intentions moving forward.

What changes will I keep making?

How has my relationship with tech shifted?