

—DIGITAL— MINDFULNESS

WEEK 4

with Catherine Price

Social Media

We created this four-week digital mindful challenge to help you set intentions and disconnect from your devices. Week four is all about setting boundaries with your digital devices. Print or save this worksheet and mark off each challenge as you complete them.

Day 1

WAKE UP WITHOUT SOCIAL MEDIA

Do not use social media until after 12 pm. Instead, use this time to practice powerful morning rituals like meditation or yoga.

Day 5

TURN OFF NOTIFICATIONS

Turn off all notifications on your phone today.

Day 2

ONE PLATFORM LIMIT

Use only one social media platform today.

Day 6

REDESIGN YOUR HOME SCREEN

Move email and social media apps to the second page of your phone.

Day 3

NO SOCIAL MEDIA WHILE EATING

Stay away from social media while eating.

Day 7

SAY GOODNIGHT TO YOUR DEVICES

Disconnect yourself from all devices two hours before bedtime. This lets you recover from screen light and content stimulation and may help you fall asleep.

Day 4

10 MINUTE LIMIT

Limit your time on social media today—no scrolling on social media for more than 10 minutes at a time.



YOU MADE IT!
ON TO THE NEXT CHALLENGE...