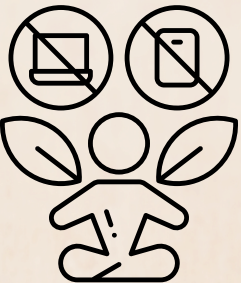


Digital Detox Blueprint

A Guide to Reducing Screen Time, Restoring Focus, and Reclaiming Your Life



Too much screen time can lead to:

- **Mental exhaustion**
- **Constant overwhelm**
- **Poor work-life balance**
- **Difficulty resting**

A digital detox helps you reset and feel more in control.

Screen Time Awareness

How many hours do you spend on screens daily?

- 1–3 hours
- 3–5 hours
- 5–7 hours
- 7+ hours

Most of my time is spent on:

- Social media
- Work / school
- Entertainment
- Messaging
- Other: _____

How It Affects You

How does screen time impact you?

- Drains my energy
- Increases anxiety
- Disrupts sleep
- Reduces focus
- Feels overwhelming

Describe your experience:

Identify Digital Drainers

What apps or habits drain your energy most?

Identify Digital Givers

What online activities feel helpful or meaningful?

Set Digital Boundaries

What limits can you set?

- No screens before bed
 - Limit social media time
 - Take regular screen breaks
 - No phone during meals
 - Turn off notifications
 - Other: _____
-

Digital Detox Plan

Today, I will:

- Reduce screen time by _____ hours
- Replace screen time with: _____

- Take _____ screen-free breaks
 - Log off at: _____
-

Weekly Reset Plan

This week, I will:

- Have one screen-free evening
 - Spend time offline daily
 - Prioritize rest over scrolling
 - Do one offline activity I enjoy
 - Other: _____
-

Energy Check

After reducing screen time, I feel:

- More calm
 - More focused
 - Less overwhelmed
 - More present
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Reflection

What did you notice about your screen habits?

What improved when you disconnected?

Not everything needs your attention. It's okay to disconnect to reconnect with yourself.

“Log off to recharge.”