

Digital Detox Worksheet & 7-Day Plan



Introduction:

Take a mindful break from digital distractions and regain clarity, focus, and calm. This 7-day digital detox plan will help you reset your habits and reconnect with what truly matters—offline.



Worksheet Section: Self-Assessment

1. How many hours do you spend daily on:

Platform/Device	Estimated Time
Phone (Social apps)	
Computer (Work/Email)	
TV/Streaming	
Gaming	
Total Screen Time	

2. Digital Habits You Want to Change:

- **Example: Reduce social media time**
- **Example: No devices during meals**
- **Write yours: _____**

3. Top 3 Reasons for This Detox:

- _____
- _____
- _____



7-Day Digital Detox Plan

Day	Goal	Activity Suggestion	Reflection Prompt
Day 1	Track usage, set intentions	Use a tracker app to measure screen time	What surprised you about your usage?
Day 2	No devices during meals	Eat all meals tech-free	How did your meals feel today?
Day 3	1 hour of screen-free time before bed	Read a book, stretch, or journal	Did your sleep feel different?
Day 4	Limit social media to 30 minutes	Set app limits or timers	How did you fill your time instead?
Day 5	Offline morning routine	No phone for first hour after waking	What did you do instead?
Day 6	Tech-free walk or creative activity	Nature walk, painting, cooking	How did it feel being fully present?
Day 7	Full day off non-essential tech	No social media, YouTube, or email	What did you learn from this detox?



End-of-Week Reflection:

- Biggest takeaway:

- What was most challenging:

- Digital habit you'll continue:

- How you feel now: 😊 😐 😞

- New daily screen limit you commit to:

