

MY 30 DAY DIGITAL DETOX PLAN

01
TAKE A 30 MINUTE WALK IN NATURE

02
READ A BOOK FOR AT LEAST 20 MINUTES

03
WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR AND READ THEM OUT LOUD

04
VISIT THE THEATRE OR ATTEND A CONCERT

05
PERFORM A RANDOM ACT OF KINDNESS FOR A STRANGER

06
HAVE A DEVICE-FREE DINNER WITH FAMILY OR FRIENDS

07
PRACTISE DEEP BREATHING OR MEDITATION FOR 10 MINUTES

08
PUT ON YOUR FAVOURITE ALBUM AND SING OR DANCE (OR BOTH!) LIKE NO-ONE'S WATCHING

09
ENGAGE IN MINDFUL COLOURING

10
WRITE DOWN 3 POSITIVE AFFIRMATIONS AND READ THEM OUT LOUD

11
TRY YOUR HAND AT PAINTING OR DRAWING

12
SPEND 5 MINUTES SITTING IN COMPLETE SILENCE

13
EXPLORE A NEARBY TOWN OR CITY YOU'VE NEVER BEEN TO BEFORE

14
PAMPER YOURSELF WITH A DIY SPA DAY AT HOME

15
TRY OUT A NEW DANCE WORKOUT OR FITNESS CLASS

16
SPEND 30 MINUTES DECLUTTERING & ORGANISING A SPECIFIC AREA OF YOUR HOME

17
WRITE A LIST OF 10 THINGS YOU APPRECIATE ABOUT YOURSELF AND READ THEM OUT LOUD

18
TAKE AN AWE WALK IN YOUR NEIGHBOURHOOD

19
MEET UP WITH A FRIEND FOR A HEART-TO-HEART CONVERSATION

20
VOLUNTEER FOR A LOCAL CHARITY OR ORGANISATION

21
HIRE A BIKE OR A BOAT AND GO CYCLING OR TAKE TO THE WATER

22
PRACTISE YOGA OR STRETCHING EXERCISES FOR 20 MINUTES

23
WRITE A HANDWRITTEN LETTER TO A LOVED ONE

24
TAKE A CLASS OR WORKSHOP AND LEARN SOMETHING NEW

25
GRAB A DRINK AND PEOPLE WATCH

26
SPEND 15 MINUTES JOURNALLING OR FREEWRITING

27
VISIT A MUSEUM, ART GALLERY, OR CULTURAL EVENT

28
COMPLETE A JIGSAW PUZZLE, PLAY CARDS OR A BOARD GAME WITH FAMILY OR FRIENDS

29
COOK A HEALTHY NEW RECIPE FROM SCRATCH

30
WRITE DOWN 1 GOAL YOU'D LIKE TO ACHIEVE BY YOUR NEXT BIRTHDAY AND CREATE AN ACTION PLAN FOR ACHIEVING IT