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Phone Detox Starter Plan

Start Your Day With A Clear Mind

Don't check your phone until AFTER you finish your morning breakfast routine! Texts, emails and social media can wait until after breakfast. Wake up and be present, enjoy your morning even if you're alone. Take it slow.

Turn Off Notifications

Notifications will distract you all day long. Limit them! With notifications turned off, it puts you in control. Check your phone when it's good for you!

Plan Daily Phone Free Time

Take a walk outside every day even if for just 10 minutes without your phone. Take a few deep breaths and soak up the beauty around you. Enjoy the break from connectivity.

Set Guidelines

Limit social media scrolling. Select small blocks of time to check it then move away from it. Set a time to turn your phone off each night. Give yourself time to decompress and let your mind get into rest mode before bed.

Let Sunday Be a Sabbath

Sunday is the perfect day for this because you need to rest and recharge for the week ahead. Enjoy the downtime with things like reading, doing crosswords, coloring, journaling or prayer. Spend time connecting with someone special in person or with a phone call.

DESIGNED BY POLLY MURPHY JUST FOR YOU!