

30-Day Digital Detox Journal

Welcome to your digital detox journey. This journal is your personal companion for the next 30 days. Use it to reflect, track your progress, and celebrate small wins along the way. There are no wrong answers here — just honest ones.

How to Use This Journal

Each day has a short reflection prompt or action step. Write directly in the spaces provided. If you fall behind, pick up where you left off — no guilt, no restart required.

Before You Begin

Take a screen time check right now. On iPhone go to Settings → Screen Time. On Android go to Settings → Digital Wellbeing. Record your numbers below — you will compare these on Day 30.

My average daily screen time right now:

Apps I use most:

How I feel about my current phone use:

My goal for this challenge:

WEEK 1 - Build Awareness

This week is not about changing anything yet. It is about paying honest attention to how, when, and why you reach for your phone. Most people are surprised by what they discover.

DAY 1 Track Your Screen Time

Download a screen time tracker app or enable the built-in one on your phone. Do not change any habits yet — just collect data.

Reflection

How many times per day do you think you pick up your phone?

How much total time do you think you spend on it each day?

Tip: Avoid judging yourself this week. Awareness is the first step, not the finish line.

DAY 2 Assess Your Relationship With Tech

Today is 100% journaling. Really take your time with these.

What do you love about your phone?

What do you not love about it?

What changes do you notice in yourself after a lot of screen time?

What would you like your relationship with technology to look like in 30 days?

DAY 3 Start Paying Attention

Throughout today, track these patterns as they happen.

What time did you first look at your phone today?

What time did you last look at it before bed?

What usually triggers you to check it — notification or internal impulse?

How did you feel right after checking your phone?

DAY 4 Review Your Data

Look at the results from your tracking app. Compare them to your Day 1 guesses.

Actual daily pickups:

Actual daily screen time:

What surprised you most?

Tip: Try the "What for, why now, what else?" technique. Before picking up your phone, ask: What am I actually looking for? Why right now? What else could I do instead?

DAY 5 Delete or Limit Social Media Apps

Move social media apps off your home screen or delete them from your phone. You can still access them via browser if needed.

Which apps did you move or delete?

How did it feel? Did you notice any urge to reinstall?

DAY 6 **Come Back to Real Life**

With extra time opening up, it is worth thinking about what you actually enjoy offline.

I have always loved to...

If I had more time, I would like to...

People I would like to spend more time with...

DAY 7 **Get Physical**

Replace some screen time with movement. It doesn't need to be intense — even a walk counts.

Physical activities I want to try this week:

1.

2.

3.

Notes from today:

WEEK 2 - Set Gentle Boundaries

Now that you know your patterns, it is time to introduce structure. This week is about small, sustainable boundaries — not drastic cutoffs.

DAY 8 Turn Off Notifications

Go into your phone settings and turn off all non-essential notifications. Keep only calls, texts, and calendar alerts.

Notifications I turned off:

How did my day feel with fewer interruptions?

Tip: Turn off the little red badge numbers too — those are designed to create urgency.

DAY 9 Tidy Up Your Apps

Delete any app you have not used in the past 3 months. Organize the rest into folders.

Apps I deleted today:

How many apps do I actually need on my home screen?

DAY 10 Move Your Phone Out of the Bedroom

Charge your phone outside the bedroom tonight. Buy an alarm clock if needed.

Where will I charge my phone from now on?

What I will do instead of scrolling before bed:

DAY 11 Create Replacement Habits

For every phone habit you are cutting back on, decide what you will do instead.

Instead of scrolling before bed, I will...

Instead of checking my phone first thing in the morning, I will...

Instead of reaching for my phone when bored, I will...

DAY 12 Try an App Blocker

Use an app like Freedom, Forest, or OFFTIME to set time limits on distracting apps.

App blocker I tried:

How did it affect my usage today?

DAY 13 Set No-Phone Zones and Times

Choose physical spaces where your phone is not allowed and set a daily phone bedtime.

My No-Phone Zones:

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Dinner table | <input type="checkbox"/> Bedroom |
| <input type="checkbox"/> Bathroom | <input type="checkbox"/> Car |
| <input type="checkbox"/> Work desk | <input type="checkbox"/> Family time |

My phone goes to bed at: _____ and wakes up at: _____

What I will do with my phone-free morning time:

DAY 14 Stop Phubbing

Phubbing = ignoring someone because you are on your phone. Today, be fully present in every conversation.

One moment today where I chose to be present instead of on my phone:

How did it feel?

WEEK 3 - Replace Scrolling With Real Life

Boundaries are set. Now the real work begins — building a life so full of meaningful things that your phone naturally becomes less interesting.

DAY 15 Stop, Breathe, and Be

When you notice yourself reaching for your phone mindlessly, stop, take one slow breath, and check in with what you actually need in that moment.

Two moments today where I used this technique:

Moment 1 — what was happening and what I did instead:

Moment 2:

DAY 16 Practice Pausing

Identify situations where you habitually reach for your phone to kill time — waiting in line, elevator rides, etc. Choose to simply be still instead.

Situations where I committed to stillness today:

1.

2.

3.

What I noticed when I stopped filling every gap with my phone:

DAY 17 Exercise Your Attention Span

Pick one attention-building activity and commit to it for at least 20 minutes today.

- Read a physical book
- Write in a journal
- Take a walk without earbuds
- Listen to music intentionally
- Write a handwritten letter
- Sit quietly for 10 min

Activity I chose and how it felt:

DAY 18 Try a Short Meditation

Set a 5-minute timer, close your eyes, and focus only on your breath. When your mind wanders, gently bring it back. That is the practice.

How did the meditation feel? Restless? Peaceful? Somewhere in between?

DAY 19 Prepare for Your 24-Hour Trial Separation

Tomorrow you will go phone-free for 24 hours. Use today to prepare.

- Tell anyone who might contact you what you are doing
- Write down anything you might need from your phone
- Plan enjoyable things to fill the time
- Set an out-of-office or voicemail message if needed
- Put your journal somewhere easy to reach

My plan for the 24 hours:

DAY 20–21 Your 24-Hour Trial Separation

Phone off. Journal open. Every time you feel the urge to reach for your phone, write about it here instead.

Urges I noticed and what I did instead:

Best moment of the 24 hours:

Hardest moment:

WEEK 4 · Lock In Progress

The habits are in place. This final week is about making them stick permanently — not as rules, but as the new default way you relate to your time and attention.

DAY 22 Trial Separation Recap

You did it. Take time to reflect on what the 24 hours taught you.

How do you feel after your trial separation?

When did you most want to reach for your phone? What was the trigger?

What did you learn that you want to carry forward?

DAY 23 Schedule Regular Phone Fasts

A phone fast doesn't have to be 24 hours. Even an hour a day adds up over time.

Times I want to go phone-free each week:

1. When:

2. When:

3. When:

DAY 24 Manage Your Invitations

Your brain sends "invitations" to check your phone constantly. Recognize them. You do not have to accept every one.

Invitations I noticed today and how I responded:

DAY 25 **Clean Up Your Digital Life**

Unsubscribe from email lists you don't read. Unfollow accounts that drain you. Mute anything that doesn't add value.

Email lists I unsubscribed from:

Accounts I unfollowed or muted:

DAY 26 **Check Your Checking**

Before picking up your phone, ask: "What is the best thing I could possibly see right now? How likely is that to actually happen?" The answer usually stops the impulse.

What I noticed when I asked this question today:

DAY 27 **Plan a Regular Digital Sabbath**

Consider making phone-free time a weekly ritual — even just a few hours. Schedule it so it actually happens.

My plan for a regular Digital Sabbath:

DAY 28 **Review Your Seven Phone Habits**

Check in on the seven healthy phone habits of people who use technology intentionally.

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- I have a phone bedtime and wake-up time
 - I have set No-Phone Zones and stick to them

- I pause before reaching for my phone
- I phast regularly
- I have offline activities I genuinely enjoy
- I practice stillness instead of filling every gap
- I do something to strengthen my attention span weekly

Which habit feels most solid right now?

DAY 29 Set a Monthly Check-In Reminder

Put a recurring reminder in your calendar to check in on your phone habits monthly.

My next monthly check-in date:

Questions I will ask myself at each check-in:

- What parts of my phone relationship are going well?
- What do I still want to change?
- What am I doing to strengthen my focus?
- Have I let any old habits creep back in?

DAY 30 - You Made It!

Take your screen time reading again and compare it to Day 0. Then answer the final reflection questions below.

My screen time now:

The boundary that made the biggest difference:

What I learned about myself from this challenge:

The habits I am keeping permanently:

The goal was never to quit technology. It was to use it on your terms. You have built that foundation over the last 30 days — now keep choosing it.
