



The *Digital Detox* Challenge

*Unplug, unwind, and learn how to reclaim your
time and peace of mind!*

Hello friend,

WELCOME!

I'm so excited that you're taking this challenge! I promise, it's going to be transformational.

I'm Stephanie Osborn, founder of Bliss More, Stress Less.

I know how overwhelming it can feel to be constantly connected, buzzing with notifications and pulled in a million digital directions. It's exhausting, isn't it?

But you've taken a bold step toward reclaiming your time and peace of mind. Together, we will engage in simple, structured activities designed to reduce your screen time and increase your peace of mind.

I'm here to guide and support you every step of the way. Let's start this journey towards a more energized and less stressed you!




Are you ready?

LET'S BEGIN!

*steph
xo*

DIGITAL DETOX CHALLENGE

Website: blissmorestressless.com



*Almost everything will work again
if you unplug it for a few minutes,
including you.*

ANNE LAMOTT

Getting Started

STEP ONE

1

COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP TWO

2

TAKE ACTION

In the next few pages you'll find the actions to take to start you on your way. Choose as many as you feel comfortably able to take, and then start tracking your daily progress.

STEP THREE

3

HAVE FUN

This challenge is all about getting you BIG transformations, but it's important for us to have fun along the way. So roll up your sleeves, get going, but remember to enjoy this journey!

Ready to get started? Good, let's do it...

regain peace of mind

Reclaim Your Time

To reclaim your peace of mind and be more intentional with your digital interactions, it's essential to cultivate new habits, beginning with small, daily actions. Here are some practical steps you can take to reclaim your time (and peace of mind!) during this challenge.

1 • DESIGNATED DEVICE-FREE TIME

Dedicate an hour each day to disconnect completely from all digital devices. This practice helps you reclaim personal time, reduces stress, and enhances your ability to focus on real-world interactions without distractions. It's a perfect opportunity to reconnect with yourself or loved ones, or to simply enjoy a peaceful moment.



2 • MINDFUL MORNING ROUTINE

Start your day by grounding yourself in a routine that does not involve screens. Whether it's meditation, journaling, or a morning walk, choosing a screen-free activity to begin your day sets a calm, intentional tone and decreases the impulse to start your day by checking digital notifications.



3 • TECH-FREE MEALS

Make mealtime a device-free time. Eating without the distraction of screens allows you to enjoy your food more and improves your digestion. It also provides a great opportunity to engage in meaningful conversations with family or friends, or to appreciate a moment of solitude.



3 • DIGITAL CURFEW

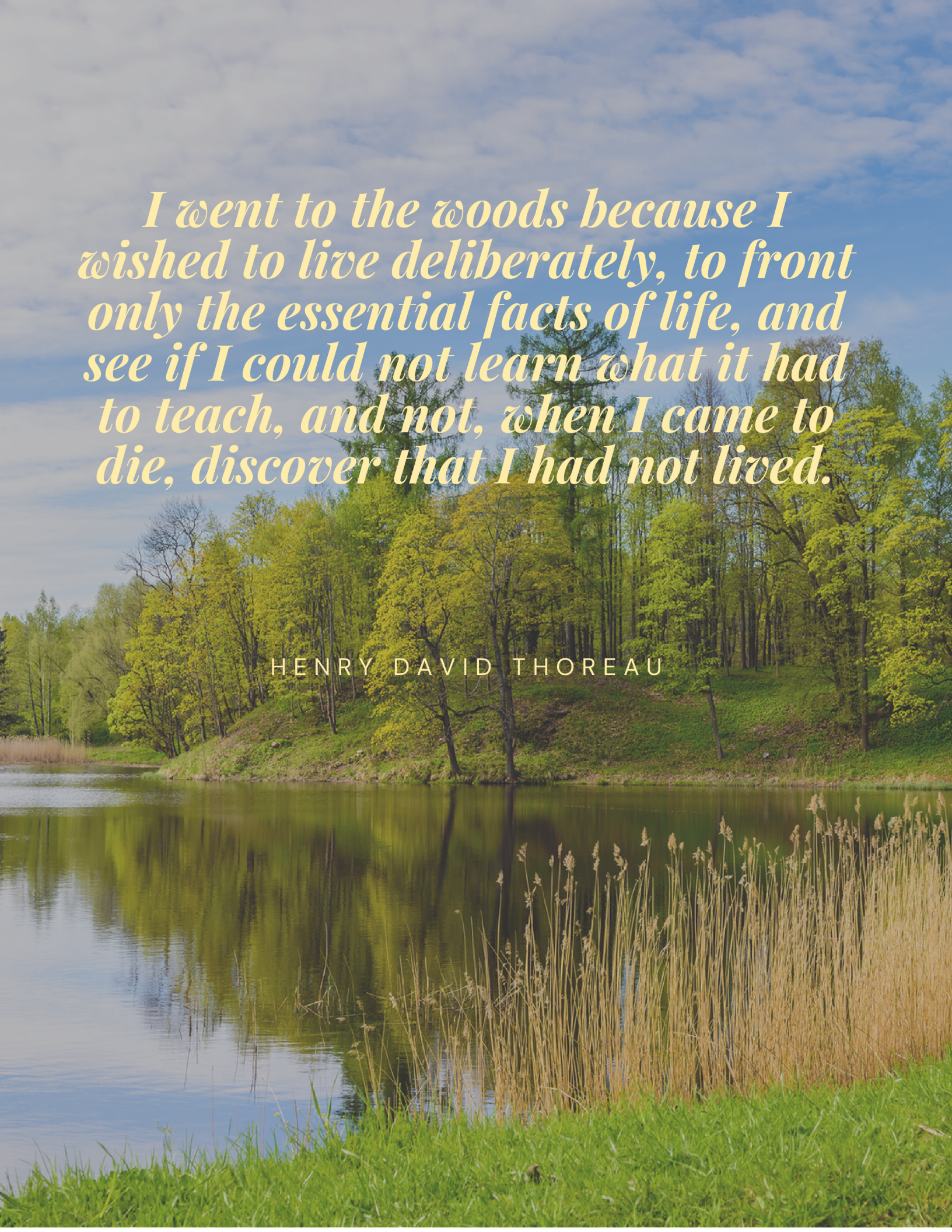
Establish a digital curfew of at least one hour before bedtime. Instead of screen time, wind down with a book, some gentle yoga, or a relaxing hobby. This helps your mind prepare for a restful sleep and reduces the blue light exposure that can disrupt your sleep cycle.



5 • EVENING REFLECTION

Spend 15 minutes each evening reflecting on your day, ideally in a journal or through meditation, without any digital interference. This helps you unwind and process the day's events, improving your sleep quality and helping you to establish a peaceful state of mind before bedtime.





*I went to the woods because I
wished to live deliberately, to front
only the essential facts of life, and
see if I could not learn what it had
to teach, and not, when I came to
die, discover that I had not lived.*

HENRY DAVID THOREAU

10 THINGS TO DO

THAT AREN'T DIGITAL

- **Read a Book:** Immerse yourself in a novel or a non-fiction book to expand your mind and escape into another world.
- **Go for a Walk:** Take a stroll through a nearby park or around your neighborhood to clear your mind and enjoy the outdoors.
- **Practice Yoga or Meditation:** Engage in some yoga or meditation to relax your body and mind, improving both your physical and mental health.
- **Write in a Journal:** Spend some time writing down your thoughts, feelings, or daily experiences to reflect and unwind.
- **Cook a New Recipe:** Experiment with cooking a new dish, which can be a fun and rewarding way to spend your time.
- **Crafting:** Pick up crafting activities like knitting, painting, or DIY home decor projects to express your creativity.
- **Gardening:** Whether it's tending to houseplants or a full garden, gardening can be a therapeutic activity that connects you with nature.
- **Play Board Games or Puzzles:** Engage in board games or puzzles with family or friends, which are great for entertainment and building stronger relationships.
- **Volunteer:** Spend time helping out at a local community center or charity. This is a rewarding way to connect with others and contribute positively to your community.
- **Explore Local Attractions:** Visit a museum, historical site, or explore a new neighborhood to learn something new and get a change of scenery.
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DIGITAL DETOX CHALLENGE

Daily Habit Tracker

month: _____



DEVICE FREE TIME



MINDFUL
MORNING ROUTINE



TECH-FREE MEALS



DIGITAL CURFEW



EVENING REFLECTION

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You've made it!



I really hope this simple challenge has helped you see what's possible and I really hope you've got lots out of it. Taking time to create change in our lives can set us on a new trajectory, it's so exciting to think about.

This challenge is just the tip of the iceberg, there are so many ways reduce stress. Check out my blog for more tips.

FIND ME AT:

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