

DIGITAL DECLUTTER

You've made it to Week 2! This week's focus is all about clearing out the digital clutter to create space for what truly matters. Think of it as a spring cleaning for your digital life—whether it's your phone, email inbox, or social media feeds. Use this time to organize, streamline, and let go of what no longer serves you. With each task you complete, you'll be one step closer to a more balanced and stress-free digital space!

Declutter your phone: delete 5 unused apps.

Unsubscribe from 3 email lists you don't read.

Clear out your downloads folder on your computer.

Delete old photos or files from your phone or computer.

Spend 20 minutes organizing your workspace—no devices allowed.

Create a "no-notifications" day—turn off all phone alerts.

Spend 15 minutes deleting emails you no longer need.

Write down 5 positive changes you've noticed since starting the detox.

Organize your phone's home screen—remove any apps you don't need.

Create a list of activities you enjoy without technology.

Organize your social media feed—unfollow or mute 5 accounts.

Review your screen time and set a daily limit for one app.



Tech-free dinner—focus on conversation.

Clean up your browser history—delete any unnecessary or outdated entries.

Clean up your browser bookmarks—delete ones you no longer use.

Rearrange a room or space in your home—no digital inspiration.

Organize your digital photos—delete duplicates.

Clean up your saved links or bookmarks—keep only what's valuable.

Reflect on your favorite tech-free activity this month—write it down.

Listen to music while doing a chore—no screens allowed.

Spend 20 minutes organizing a physical space—no phone or music.

Write down 3 digital habits you want to change.

Organize your photo album—create one new folder.

Clean up your contacts list—remove any outdated or duplicate contacts.