

REFLECTION FOR A SUCCESSFUL TECH DETOX



BEFORE YOUR TECH DETOX

Know your "why."

Write down your reason(s) for doing a tech detox.

Make a plan.

Write down a specific period of time when you will not engage with technology, make a list of what could get in the way, and brainstorm how you will deal with each obstacle.

Make the most of your time.

Make a list of the fun and nurturing activities you'd be interested in trying during your Tech Detox.

AFTER YOUR TECH DETOX

Take time to reflect.

Spend some time journaling about your time away from tech.

Keep going!

Write down the ideas and commitments to yourself that will help you to create a more beneficial relationship to technology.

Share your experience.

Who do you want to invite to a tech detox?

Invite others to join you by sending them this link: questforeternalsunshine.com/tech-detox-day

Thank you for embracing the **Quest for Eternal Sunshine** Technology Detox!

Next Step: Become more mindful in nature with this [guided outdoor mindfulness meditation](#).

