

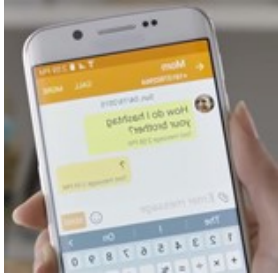


# **FIVE DAY DIGITAL DETOX CHALLENGE**

**Take it if you dare!**

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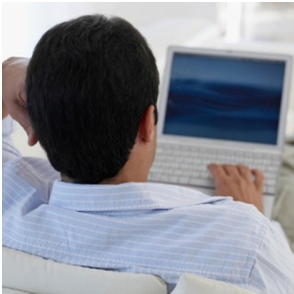
# WHAT TO EXPECT:



DAY ONE: Texting



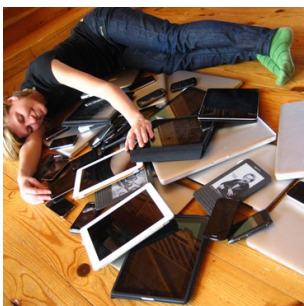
DAY TWO: Social Media



DAY THREE: Internet  
browsing, Gaming



DAY FOUR: Entertainment  
media



DAY FIVE: Everything

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# BEFORE YOU BEGIN:

**Read through** the entire five-day plan. Choose the time frame for each day's detox based on life experiences, family needs etc. This includes the final day that will be void of all ancillary technology. A minimum of four hours each is recommended, and an entire day for each is optimal. Stop now and write your time frames at the top of each day's detox plan.

**Notify friends and family** of what you will be doing, explaining when and how you will be unavailable for texting, social media or texting.

**Read through** the “Contemplation in Action” exercise that follows and select your morning and evening review times, and set up hourly reminders on your phone. It is critical that this be a part of your detox.

**Consider partnering** with a friend or a small group and plan to share your experiences each day.

**Mark the day** that lands five days after your detox and set aside a time for review on that day—put this on your calendar.



...we feel permanently tethered to our devices, as if they are some sort of technological umbilical cord connecting us to the universe.

The Wired Soul

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# CONTEMPLATION IN ACTION:

## (DAILY DURING THE DETOX)

The following steps will frame your detox experience and ensure that it remains God-focused and spiritually uplifting. They amount to 18 minutes a day to help you focus on God—morning, evening and throughout the day.

**Morning Watch:** Begin each morning with a five-minute session in which you settle your soul, thank God for his love for you and offer him your own words of love. Try to let go of all other distractions. Then consider the day before you. What will you be doing? Who will you be seeing? How will your hours be spent? As you consider these, ask God to give you his heart for all of it. Picture him walking with you, his presence there with you every moment. Offer yourself to him, telling him that you desire to commune with him throughout the day. Envision walking out into your day with God as your companion.

**Throughout each Day:** Set your smartphone, watch, or computer to remind you to pause one time per hour throughout the day. When it does, take one minute to ask, “Lord, am I being the person you want me to right now? Lord, is there any way you want me to show your love right now?” You might want to write these on a card or your phone to carry with you.

**Evening Watch:** Take five minutes before bedtime to consider your contemplative journey with the following questions.

- What difference do you think offering your day to God made?
- How did checking in every hour change things?
- How would you like to grow in this?
- What do you understand more about God’s love for you and for others?

Offer a heart of gratitude for God’s presence and purpose and his call for you to be a part of it.



(This exercise is taken from *The Wired Soul: Finding Spiritual Balance in a Hyper-connected Age* and may not be shared without permission.)





PART THREE: During your evening watch, choose one of the following:

If you met your intention, complete this affirmation of what you gained: Tonight I am grateful that by detoxing from texting I maintained a new level of digital control in my life, and my greatest takeaway is:



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If you failed to meet your intention, complete this affirmation of what you learned: My greatest takeaway from not fulfilling my texting intention is:

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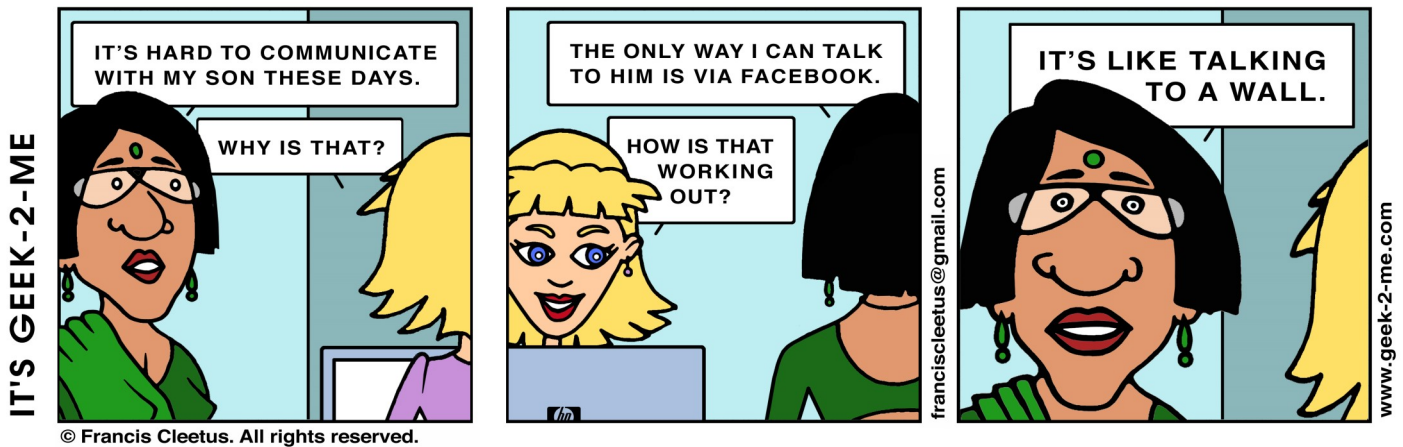
## DAY TWO: SOCIAL MEDIA

Timeframe: \_\_\_\_\_  
(Which hours of the day?)

PART ONE: During your morning watch, write out your intention regarding today (minimum of four hours, optional all day):

Today, from \_\_\_\_\_ to \_\_\_\_\_, I will not engage in any form of social media, which includes facebook, snapchat, pinterest, Instagram, twitter, email or other types of digital social engagement.

PART TWO: Turn off all notifications on your phone, computer and tablet for social media –this includes both visual (little red numbers!) and auditory (beeps etc.) Avoid all social media platforms other than personal contact or telephone unless it is absolutely essential (business or family emergencies).



... if we don't wrestle with these issues now, we risk forfeiting our destinies and those of generations to come to the tyranny of technological urgency.

The Wired Soul

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PART THREE: During your evening watch, choose one of the following:

If you met your intention, complete this affirmation of what you gained:

Tonight I am grateful that by detoxing from social media I maintained a new level of digital control in my life, and my greatest takeaway is:

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If you failed to meet your intention, complete this affirmation of what you learned: My greatest takeaway from not fulfilling my social media intention is:

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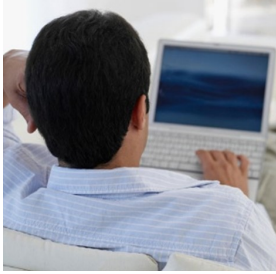
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## DAY THREE: INTERNET BROWSING, GAMING

Timeframe: \_\_\_\_\_  
(Which hours of the day?)

**...studies show that people are so distracted by the presence of hyperlinks, targeted ads or other digital interruptions, that they comprehend as little as 20 percent of a single page.**

PART ONE: Consider the times and ways you tend to click on hyperlinks or mindlessly browse the internet on your computer, tablet or smartphone, or engage in playing video games. Take some time to plan possible alternative activities (eg. give thanks for three things, call a friend, listen to a song, read a

magazine/newspaper, take a brief walk around the house or office, do a few stretches etc.)

PART TWO: During your morning watch, write out your intention regarding today (minimum of four hours, optional all day)

Today, from \_\_\_\_\_ to \_\_\_\_\_, every time I am tempted to browse my smartphone, tablet or computer internet, or engage in video games, I will instead:

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PART THREE: During your evening watch, choose one of the following:  
If you met your intention, write out an affirmation of what you gained by completing the following: Tonight I am grateful that by detoxing from internet browsing and/or gaming, I maintained a new level of digital control in my life, and my greatest takeaway is :



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If you failed to meet your intention, affirm what you learned through this by completing the following: My greatest takeaway from not fulfilling my internet browsing intention is:

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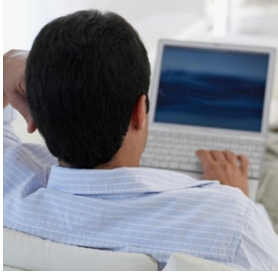
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... many believe that the inevitable outcome of digitization is the loss of our ability to reflect and think deeply, with some going so far as to say that the Internet is making us stupid.

The Wired Soul



## DAY FOUR: ENTERTAINMENT MEDIA

Timeframe: \_\_\_\_\_  
(Which hours of the day?)

PART ONE: Either choose all day (optimal) or the period of time you are most likely to watch television or shows on your computer or tablet and plan alternative activities (read a book or newspaper, write notes to friends or family to mail via snailmail, take a walk, work on home improvement projects etc.).

PART TWO: During your morning watch, write out your intention regarding today (minimum of four hours, optional all day)

Today, from \_\_\_\_\_ to \_\_\_\_\_, I will avoid all watching of television or other entertainment media, and instead will:

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**More than half of all eighteen to twenty-four year olds report that they never pick up a book to read just for pleasure.**



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PART THREE: During your evening watch, choose one of the following:

If you met your intention, write out an affirmation of what you gained by completing the following: Tonight I am grateful that by detoxing from entertainment media, I maintained a new level of digital control in my life, and my greatest takeaway is:

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If you failed to meet your intention, affirm what you learned through this by completing the following: My greatest takeaway from not fulfilling my entertainment media intention is:

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Regularly feeling depleted, we too often opt for the convenient lure of digital contact (texting supersedes talking), rather than investing in real-time, face-to-face engagement with others. The cumulative losses of this are egregious to our souls...

The Wired Soul



PART TWO: During your morning watch, write out your intention regarding today (minimum of four hours, optional all day)

Today, from \_\_\_\_\_ to \_\_\_\_\_, I will detox in every way possible from all digital engagement, including, but not limited to my smartphone, table, computer and television. Some of the activities I will do Instead are:

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PART THREE: During your evening watch, choose one of the following:

If you met your intention, write out an affirmation of what you gained by completing the following:

Tonight I am grateful that by detoxing from all digital activity I maintained a high level of digital control in my life, and my greatest takeaway is:



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If you failed to meet your intention, affirm what you learned through this by completing the following: My greatest takeaway from not fulfilling my digital detox intention is:

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# TEN DAY REVIEW:

Five days is not long enough to rewire your brain—that takes at least two months and probably more like eight. But hopefully this experience has shown you the areas where you need to make some changes. To that end, five days after your final digital detox, take some time to consider how it impacted you and journal the following:

What did you learn about yourself?

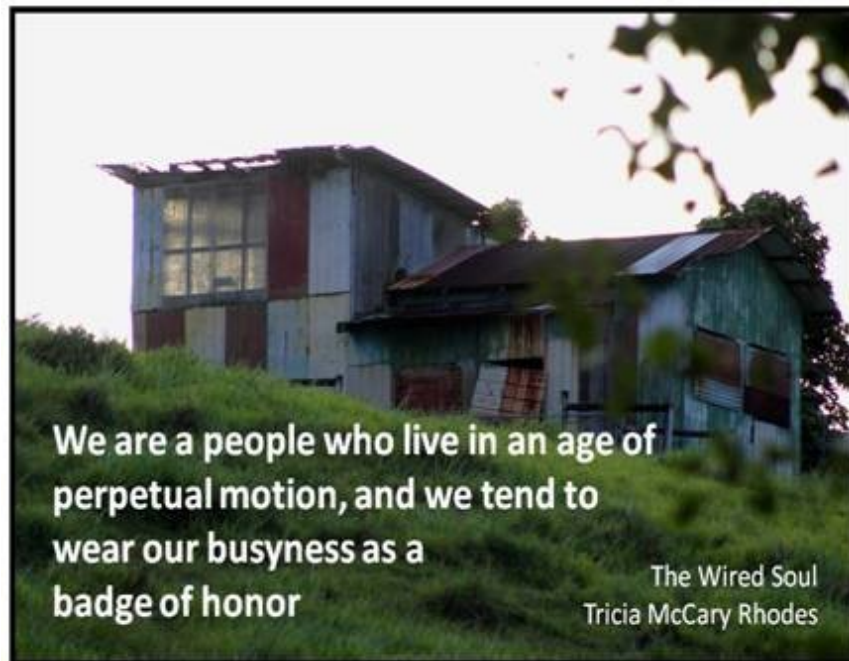
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What ways would you say that technology makes you its servant instead of it serving you?

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What changes would you like to make on a regular basis?

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Knowing that it takes much longer than five days to rewire your brain, when might you plan to engage in this detox experience again? Take some time to write out at least one intention for the coming weeks (this really helps jump-start that rewiring process!)

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What of God's image in us is slowly being extinguished as we rely more and more on technology and less on the gentle whisper of his voice, of his Spirit wooing our spirit to reach out and really touch each other?

The Wired Soul