

THE DIGITAL FAST

LEVEL 1

THE RESET

Identify One or Two Big Distractions to Remove

Pick the top one or two apps or activities that consume disproportionate time or stir unhealthy emotions.

Set Basic Boundaries

Establish one or two simple “digital hygiene” rules in your daily routine. For example, no phone use during meals with family, or no screens in the hour before bedtime. Consider leaving your phone in another room for sleep.

This is a gentle reset of your digital habits. It's a starting point for those new to digital fasting.

Work in Work Hours

Set a cutoff time each day for work-related digital engagement.

LEVEL 2

THE DEEP CLEAN

Identify One or Two Big Distractions to Remove

Pick the top one or two apps or activities that consume disproportionate time or stir unhealthy emotions.

Set Basic Boundaries

Establish one or two simple “digital hygiene” rules in your daily routine. For example, no phone use during meals with family, or no screens in the hour before bedtime. Consider leaving your phone in another room for sleep.

Work in Work Hours

Set a cutoff time each day for work-related digital engagement.

This is a broader purge of digital noise, establishing a stronger weekly rhythm of rest.

Make Your Smartphone Truly Dumb

Remove every “noise” app.

Weekly Digital Sabbath

Implement a weekly day of rest from devices.

Shared Screen Only

Challenge yourself to avoid solo screen entertainment as much as possible.

Strengthen Other Boundaries

Continue all the daily boundaries from The Reset, even expanding them. For instance, consider turning off non-essential notifications entirely.

LEVEL 3

THE DETOX

This is a radical step into digital silence for a season. This plan is for those who want a dramatic break and to reset their relationship with technology.

Identify One or Two Big Distractions to Remove

Pick the top one or two apps or activities that consume disproportionate time or stir unhealthy emotions.

Set Basic Boundaries

Establish one or two simple “digital hygiene” rules in your daily routine. For example, no phone use during meals with family, or no screens in the hour before bedtime. Consider leaving your phone in another room for sleep.

Work in Work Hours

Set a cutoff time each day for work-related digital engagement.

Make Your Smartphone Truly Dumb

Remove every “noise” app.

Weekly Digital Sabbath

Implement a weekly day of rest from devices.

Shared Screen Only

Challenge yourself to avoid solo screen entertainment as much as possible.

Strengthen Other Boundaries

Continue all the daily boundaries from The Reset, even expanding them. For instance, consider turning off non-essential notifications entirely.

Total Distraction Fast

Completely cut out personal digital distractions for the fasting period.

Screen Detox

Embrace analog alternatives whenever possible.