

Planning your digital detox



Get inspired

Thinking of a digital detox is scary by itself. That's why it is essential to find the positive side of it.



Choose the right time

The best period may be the following weekend or vacation, depending on how long you plan it to be.



Choose the limitations

The forms of digital detox differ by the limitations you impose on yourself.



Choose the duration

A two-day detox suffices to reload yourself. 21 days are enough to generate a helpful habit.



Let people know

If others may be affected by your digital detox, you should let them know beforehand.



Plan your activities

Everyone needs something to fill the gaps. And this "something" should be pleasant.

Digital Detox Lifestyle Ultimate Guide

KJ Lindholm-Leary



Digital Detox Lifestyle Ultimate Guide:

Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Digital Detox Lifestyle Ultimate Guide** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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