**DIGITAL DETOX CHECKLIST**

- **PLAN IN ADVANCE**
  Find a time that everyone in the family can shut down their devices for at least 24 hours.

- **WRITE DOWN A MISSION STATEMENT**
  Put into words the reason you are detoxing to remind yourself and your family why the detox is important.

- **KEEP YOUR FAMILY’S DEVICES STORED TOGETHER**
  This will make it easier to keep track of all devices and curb potential rule breaking.

- **LET PEOPLE KNOW YOU’LL BE OFFLINE**
  Tell anyone who regularly contacts you of your detox plans, so they understand that you’ll be away from your devices.

- **PLAN ACTIVITIES TO ENJOY TIME AWAY FROM DEVICES**
  Enjoy your time away from the digital world with unplugged activities that will teach your family to find peaceful and fun moments away from screens.

- **PREPARE TO LOG BACK ON**
  There will undoubtedly be a barrage of notifications and alerts when you log back on. Since this may be overwhelming and overstimulating, be patient and take it step-by-step.

- **SCHEDULE A REGULAR DETOX**
  Whether you want one monthly, bi-weekly, or weekly, a regular detox can help streamline your thoughts, re-focus your goals and balance your normally tech-riddled life.