



Digital Detox 2025 = Technology + Mindfulness

Digital Detox 2025 Checklist

Morning Routine

- ☐ No phone for the first 30 minutes after waking
- ☐ 5 minutes of breathwork or meditation
- ☐ Review your intentions for the day, offline

Daily Mindful Tech Habits

- ☐ Silence non-essential notifications
- ☐ Use Focus or Do Not Disturb mode during work
- ☐ Schedule 2-3 digital breaks (10–15 mins)
- ☐ Limit social media with app timers
- ☐ Practice single-tasking over multitasking

Evening Wind-Down

- ☐ No screens at least 30 minutes before bed
- ☐ Reflect or journal offline
- ☐ Use sleep sounds or meditation apps

Screen-Free Activities

- ☐ Read a book or magazine
- ☐ Take a phone-free walk
- ☐ Cook or eat a meal without distractions
- ☐ Have a face-to-face conversation

Weekend Reset Goals

- ☐ Try a 24-hour Digital Sabbath
- ☐ Spend time outdoors without devices
- ☐ Declutter your phone apps
- ☐ Reflect: How did you feel without your phone?

BEGIN YOUR MINDFUL TECH JOURNEY TODAY.

FOLLOW US @WWW.WISEBODHI.COM