Take a Digital Sabbatical

Commit to reducing your use of digital devices by choosing a strategy from the ideas below, or coming up with one of your own.

Here are some guidelines to help you structure your digital sabbatical:

1. When will you not use your device(s)?

2. What is the amount of time you will limit your use to?

3. Where will you not use your device(s)?

4. What will you do instead of using your device(s)?