

DIGITAL

Delos

CHALLENGE

— Sojo ACADEMY —

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Digital Detox Challenge

7-DAY BIBLE READING PLAN

Day One: I Corinthians 10:23

Day Two: II Timothy 2:15

Day Three: Proverbs 3:15

Day Four: Philippians 1:27

Day Five: Colossians 1:10

Day Six: Romans 12:1-2

Day Seven: Galatians 2:20

Introduction:

Like it or not, technology plays a significant role in our lives. Digital tools such as cloud storage, apps, and video streaming can help, ahem, streamline our lives; yet the limitless options can also rob us of much needed rest and focus. Smartphones in particular are shaping us in ways only history can accurately describe.

During the course of this challenge, we're going to hone in on our smartphone use and establish our own personal guidelines for maximizing its benefits. Our goal is to determine where to draw the line between optimal use and over-use.

DIGITAL DETOX GROUND RULES

We generally do not set a bunch of hard and fast rules for our challenges but this is one where we need some fairly strict parameters. You won't fully know the benefit of unplugging unless you give yourself the space to do it. Therefore, before jumping into this challenge, commit to the process below for the entire ten days.

On day one of the challenge, you'll begin by setting up your personal parameters and decide what you WILL use your phone for during the challenge (an example might be: short calls, texts from family, and work email during work hours). While you can set your own guidelines, I encourage you to keep them tight 😊 Sticking with your commitment during the challenge will be well worth it.

On days 2-10, you'll work through a series of daily activities that will help you establish guidelines for the long term. By the end of the challenge you'll have a plan going forward with healthy boundaries in place.

Before you start, take a moment to do the following:

Commit to fully completing this challenge - no cheating!

Set a start date and an end date for your challenge. Go ahead and mark them on your calendar.

Have a contingency plan for any sticky situations that come up. For example, if you decide you'll not use your phone to browse the web during your challenge and your son calls with

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a request to see if Amazon has a better price than Best Buy on his gadget, decide in advance what you're going to do.

Along those lines, it's probably a good idea to let the significant people in your life know what you are doing! That way if you tell them you can't search Amazon, they'll roll their eyes and say, "Oh yeah, that's right." LOL

Have fun! Even though this challenge might feel restrictive, the goal is to give you part of your life back and that's an incredible thing!

With that in mind, let's get started!

Day One

Let's start our challenge with a big-picture view of what you'd like to get out of the next 10 days. We'll also go ahead and set your parameters. Begin by working through the following:

Why are you doing this challenge?

In what ways has your smartphone contributed positively to your life?

How has your smartphone changed or influenced you negatively?

Right offhand, what changes do you need to make in the area of your smartphone use?

What are the essential (non-negotiable) ways you use your smartphone? List them below.
Please note: this list should be extremely short! It should generally include activities essential for daily life that cannot be done otherwise, such as phone calls, health monitoring, etc...

- 1.
- 2.
- 3.
- 4.
- 5.

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Now it's time to set your parameters. Since the goal is not simply to "unplug" but to develop healthy smartphone habits, you're going to limit your smartphone activities for the next 10 days to JUST the essential ones. Once you've completed the challenge, you may want to continue with your parameters or tweak them slightly. Just know that for now, you are committing to using your smartphone within these parameters for the duration of the challenge.

Complete the chart below based on your notes and answers above:

<i>My Smartphone Parameters</i>		
Essential Phone Use:	Designated Timeframe:	Other:
<i>Ex: Work email</i>	<i>Daily 8:30-9:00am; 3:30-4:00pm</i>	
<i>Ex: Phone calls</i>	<i>Between 12-5 pm</i>	<i>Only accept calls from people I know</i>
<i>Ex: The Digital Detox Challenge</i>	<i>10 mins/day</i>	

With clear guidelines for HOW and WHEN you'll use your phone, you're ready for the challenge! I'll see you back tomorrow.

Day Two

Let's get busy! Today is app inventory day. Spend ten minutes or less listing every app you have on your phone. Yep, every one! If you find an app that isn't in use or that you no longer need or desire, go ahead and delete it--> that way you won't have to write it down 😊

APP INVENTORY:

Name of App:

Purpose:

Day Three

Revisit your app inventory sheet from yesterday and assign each app a number between 1-5. Using Galatians 5:22-23 as a filter (the fruits of the Spirit), rate each according to how well (or poorly) it helps cultivate the fruits of the Spirit in your life.

After you've rated all your apps, delete all apps that are moving you away from godliness. Be ruthless and do this prayerfully and in communion with God.

Day Four

Go back to your app inventory sheet again. Let's take a look at those apps you ranked as "neutral" when applying the Galatians 5 filter.

For each app, ask yourself the following:

1. Is this app better suited for desktop use? For example, apps that are constantly pinging or demanding your attention may be best kept on your desktop where they can be better controlled (such as email, social media, etc).

Delete any apps identified from your phone and move to your desktop.

2. How specifically do you use this app in ways that are beneficial? When does this app cross the line and become intrusive or unhelpful?

Delete any apps that only offer marginal benefit and/or set up parameters for use. **Example:** *15 minutes a day on lunch break.*

Day Five

It's time to clean up your remaining apps. Start by going into your settings and turning off push notifications. Only allow sounds or other notifications you absolutely need.

Then, group similar apps into folders. The key here is to get your apps off your home screens so they aren't as easily visual or accessible.

Once you're done organizing your apps, you're done for the day!

Day Six

How are you doing so far? Take a moment to jot down any insights you've learned thus far in the challenge. These can help you with today's assignment.

So let's talk about your smartphone habits. When do you find yourself reaching for your phone? What triggers your smartphone itch?

Today, pay attention to what makes you want to reach for your phone and make note of anything you discover.

Day Seven

When we're changing our habits and behaviors, it's not enough to know what we want to STOP doing. We also need to know what to START doing. Today, you're going to make a replacement list. These are things you'll do INSTEAD of jumping on your smartphone. This list will help you cultivate great habits!

Start by using the prompts below to brainstorm a huge list of things to do.

Activities that help me grow spiritually:

Things that stimulate me mentally:

Activities that help deepen my relationships:

Activities that help me care for my body and health:

Ways I can serve others:

Hobbies I enjoy:

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Things I'd love to learn:

Things I can do to save or earn money:

Ways I can contribute to my home (housekeeping, organizing, etc)

Special ways I can serve, show love, or bless my husband? Kids?

Other ideas:

Now that you've brainstormed a list of activities, categorize them by time needed so that you'll have a go-to list ready for any situation. An activity can go in more than one column.

Keep this list handy! When you get the smartphone itch, pick something from your list instead.

My Replacement List

2-3 Minute Activities	10 Minute Activities	1-Hr+ Activities

Day Eight

We're getting close to the end of the challenge so today let's set up your "phone-free zones." These are the times and places you'll protect as phone free after the challenge is over.

What **times** of day will be no-phone times? Examples might include meal times or say, between the hours of 9pm and 6am, all day Sunday, etc.

What **places** will remain phone-free? Examples might be the dinner table, bedrooms, church, etc.

Summarize your phone-free zones into the following charts and print to hang in prominent areas of your home.

Our Family Phone-free Zones

Places:	Tmes:

Our Family Phone-free Zones

Places:	Tmes:

Day Nine

We've talked a lot about cutting back on smartphone use; however, there are smart ways to use the smartphone, no pun intended. For the next two days, let's look at a few apps that could HELP you with your goals and align with your values.

The first category we'll look at is Bible study. There are a lot of great apps out there that make getting into the Bible easy. When it comes to your Bible study, would having a Bible reading plan on your phone help you spend more time in God's word? Help you dive deeper into studying it? Take more in by listening to it? Today, check out the following apps to see if one would help you spend more time in the Scriptures.

Please note, you don't HAVE to add these to your phone! The goal isn't necessarily to spend more time on your device but to use your device to reach godly goals and spiritual growth. Only you can determine if these apps help with that or not.

Blue Letter Bible
Daily Audio Bible
YouVersion
ESV Bible

Day Ten

For our final day together, let's look at some apps that can help (yes, help!) with smart-phone use. These are apps that help track your time and/or monitor your use. Check out the following apps to see if one would be helpful for you. If not, no pressure. We are wanting apps that will serve us, not ensnare us!

Freedom

Space

Off the Grid

Focus At Will (for focus and time blocking- AJ uses this one!)

BrainFm (for focus and time blocking- Jen uses this one!)

Next Steps

Congrats! You've successfully completed the Digital Detox! It's time to take what you've learned into the rest of your life. You have set up guidelines for your phone use and a replacement list for things to do instead. You've given yourself time away from your phone to see how it feels not to be tied to it day in and day out.

Take this opportunity to review your notes from this challenge and print off any handouts you'd like to keep nearby. Then answer the following:

What's my BIG takeaway:

What do I want to do differently going forward:

How has God spoken to me through this challenge?

The final thing to do is go ahead and set a date in your planner to go through this detox again. Shoot for doing this challenge once a quarter. It's a great way to reset and stay on track! God bless you as you seek to be wise with your smartphone!

Notes