

TECH DETOX

COMMITMENTS

OVER THE NEXT 7 DAYS, I COMMIT TO DETOX FROM TECHNOLOGY IN THE FOLLOWING WAYS:

- No technology use (phones, computers, tablets, TV, etc.) except for at work for work-related tasks.
- Powering off and locking up my mobile phone for the week.
- Only using my smart phone as a telephone.
- Communicating to these people about my detox to eliminate concern or obligation to break my commitments.

- Removing my phone from the bedroom at night.
- _____
- All of the above!

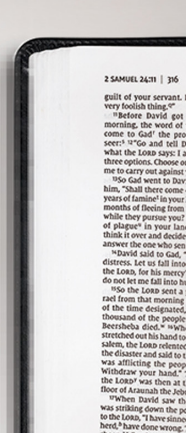
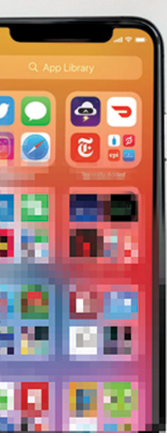
AREAS OF TECHNOLOGY I WILL INCLUDE IN MY DETOX:

- | | | |
|------------------------------------|-----------------------------|-----------------------------|
| <input type="radio"/> Social media | <input type="radio"/> TV | <input type="radio"/> _____ |
| <input type="radio"/> Video games | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> Computer | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> Phones | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> Tablet | <input type="radio"/> _____ | <input type="radio"/> _____ |

APPS I WILL CONTINUE TO USE DURING MY DETOX:

(Limit these apps to essential work or family apps like *child's school/daycare app, maps, calculator.*)

- | | |
|-----------------------------|-----------------------------|
| <input type="radio"/> _____ | <input type="radio"/> _____ |
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TECH REPLACEMENT IDEAS

During your technology detox, fill your time and living space with activities that lead to connection with God and others.

Below is a list of activities that you might enjoy. Come up with your own ideas as well to be intentional with the time!

- Spend the open time in God's word.
- Read a book.
- Read aloud with your family.
- Play a game with a friend, neighbor, or family member.
- Watch a live sporting event.
- Build a fort with your kids.
- Do a service project with your family, friends, or Small Group.
- Write a letter to family or a friend who lives out of town.
- Invite a neighbor or co-worker over for dinner or dessert.
- Host an ice cream sundae party for neighbors.
- Create art with sidewalk chalk.
- Make up stories with your kids.
- Meet/spend time with neighbors.
- Begin a list of individual, marriage, or family values.
- Bake cookies to take to a neighbor or friend.
- Learn and memorize a new Bible verse.
- Redecorate something in your home.
- Start and keep a puzzle out in your living area.
- Start healthy habits by taking a walk or jog or enjoying a bike ride.
