


# 12 DAYS OF DIGITAL WELLNESS

Day	Gift	Description	
1	Fuel Your Mind	For the next 12 days, commit to reading 20 pages per day. Try replacing your PMD (personal mobile device) with your book around the house.	
2	Mindful Moments	Intentionally seek ways to upgrade communication and actively listening to others today. Be digitally undivided in your communication to others.	
3	Screen-Free Meals	Commit to gadget-free meals today savoring in your meals, connecting with loved ones, and practicing mindful eating.	
4	Digital Kindness	Use your technology to spread a note of positivity, appreciation, or gratitude to someone you value and appreciate today.	
5	Nature Movement	Participate in an intentional movement or exercise initiative today in nature. Invite a friend, family member, or colleague to join.	
6	Tech as a Tool	Expand your digital toolkit by learning about a new app/platform from a family member, friend, or colleague. Ask what and why they enjoy it?	
7	Sleep Preparation	Establish a screen free sleep hygiene schedule. Considering moments of gratitude in the day, reflective moments, and goals for growth tomorrow.	
8	"To Be" List	Redefine your day. Instead of focusing on tasks ("to do"), cultivate the qualities you want to embody in a "to be" list today. Reflect: Did I grow closer to that list today?	
9	Tech-Zone	Create a specific tech zone in your house, establishing all other areas as "tech-free spaces."	
10	Mindful "Self Talk"	Monitor your "self-talk" today. Encourage and frame your self chatter to find positivity, gratitude, acceptance, and learning opportunities in your day.	
11	Throwback Day	Engage in a nostalgic activity that fosters learning and community. Rediscovering the joy of collaborative play and creativity.	
12	Gratitude & Reflection	Reflect on your digital wellness journey, express gratitude for the positive changes, and set new goals for the future.	

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