Weekly Digital Wellness Plan

Plan your mindful technology use to create space for spiritual connection

Time Block	Mindful Technology Plan
Morning Wake - 10am	• Keep devices out of bedroom • No screen time in first 30 minutes after waking • Check messages only after morning ritual is complete • Use Positive4Mind Affirmations app to start day positively
Workday 10am - 5pm	• Check email at 3 scheduled times (10am, 1pm, 4pm) • Set phone to 'Do Not Disturb' during focused work blocks • Take a 5-minute tech-free break each hour • Use mindful breathing during online meetings
Evening 5pm - Bedtime	• Technology-free dinner time • No work emails after 7pm • Use Daily Mood Journal app for evening reflection • Screens off at least 60 minutes before bed
Weekend Saturday-Sunday	• Designate a 4-hour "Digital Sabbath" period • No work-related technology use • Use technology purposefully (e.g., meditation apps, connecting with loved ones) • Spend at least 2 hours in nature without devices

Remember: The goal isn't digital minimalism, but mindful use that supports your spiritual well-being.