

Personal Digital Reset Plan

Use this journal to track and reflect on the habits that help restore your mental energy.

Step 1: Choose Your Reset

Tick 1-2 digital reset actions you'll try this week:

- Mute notifications for an hour.
- Try single-tasking for your next task.
- Take a screen-free lunch break.
- Use calming sounds or music for focus.
- Avoid screens for 30 minutes before bed.
- Remove one distracting app from your home screen.

Step 2: Daily Check-In Log (3-Day Mini Tracker)

Day	What reset did I try?	How did I feel before?	How did I feel after?	Notes or Insight
1				
2				
3				

Step 3: Reflection

What did you learn about your screen habits this week?

What helped you feel more focused or less drained?

Is there one habit you want to keep or expand next week?
