30-Day Mindful Digital Habits



Choose when and why you use technology.

BALANCED RESET

MY RULES

- Set a clear screen-time intention each morning
- Keep the final hour before bed screen-free
- Pause before opening a nonessential app
- Notice one positive offline moment each day

DAILY PROGRESS

30 days

1 DAY 1 ☐	2 DAY 2 ☐	3 DAY 3 ☐
4 DAY 4 ☐	5 DAY 5 ☐	6 DAY 6 ☐
7 DAY 7 ☐	8 DAY 8 ☐	9 DAY 9 ☐
10 DAY 10 ☐	11 DAY 11 ☐	12 DAY 12 ☐
13 DAY 13 ☐	14 DAY 14 ☐	15 DAY 15 ☐
16 DAY 16 ☐	17 DAY 17 ☐	18 DAY 18 ☐
19 DAY 19 ☐	20 DAY 20 ☐	21 DAY 21 ☐
22 DAY 22 ☐	23 DAY 23 ☐	24 DAY 24 ☐
25 DAY 25 ☐	26 DAY 26 ☐	27 DAY 27 ☐
28 DAY 28 ☐	29 DAY 29 ☐	30 DAY 30 ☐

WHAT CHANGED WHEN I SPENT LESS TIME ON SCREENS?