



# 30 DAYS SCREEN FREE Challenge

## Why?

When we think something may be too difficult, it helps to think about WHY we are doing it.

Example: solitude, gain more quality time with my family, clear my mind, etc. Write your why here.

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## Journal

Write down how you feel at the end of each week. You may find the first two weeks very difficult and you may find yourself missing screen time. But by the 4th week, you may never want to go back to social media.

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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