

# Planning your digital detox



## Get inspired

Thinking of a digital detox is scary by itself. That's why it is essential to find the positive side of it.



## Choose the right time

The best period may be the following weekend or vacation, depending on how long you plan it to be.



## Choose the limitations

The forms of digital detox differ by the limitations you impose on yourself.



## Choose the duration

A two-day detox suffices to reload yourself. 21 days are enough to generate a helpful habit.



## Let people know

If others may be affected by your digital detox, you should let them know beforehand.



## Plan your activities

Everyone needs something to fill the gaps. And this "something" should be pleasant.

# Ultimate Guide Digital Detox Lifestyle

**S Nieto**



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