

REBOOT PLAN

SET NEW TECHNOLOGY HABITS



STEP 1
REFLECTIONS

Evaluate your time detoxing
from tech

STEP 2
RHYTHMS

Create an intentional plan to use
technology going forward

REFLECTION ON TECH DETOX

Take some time to reflect on the 7-Day Tech Detox.

	Not Intentional \longleftrightarrow Very Intentional				
How intentional were you in staying committed to the detox?	1	2	3	4	5
How intentional were you in filling your time with things that connected you to God and others?	1	2	3	4	5

REFLECTION QUESTIONS

- What piece of technology was most challenging to give up?

- What idols were revealed through the detox (e.g., seeking others' approval, pursuit of money, desire to be entertained, relief from stress)?

- What was the best part of the detox?

- What were some of your non-tech activities which replaced a tech-version (e.g., reading a paper book rather than an e-book)?

- What was the biggest takeaway from the detox for you personally? For your marriage?
For your kids?
 - > _____
 - > _____
 - > _____
- What device/app could you live without?

- What patterns from this detox would you like to keep going forward?

RHYTHMS OF TECH

Identify 1-2 action steps you will take in the coming months to utilize tech intentionally and with thought rather than automatically or without consideration.

FOR MYSELF

To create healthy rhythms of technology, I will...

- Have a digital sabbath for 1 hour a day.
- Have a digital sabbath for 1 day a week.
- Have a digital sabbath for 1 week a year.
- Check my screen time weekly.
- Read God's Word before screen-use each day.
- Remove my phone and/or screens from my bedroom.
- Turn off notifications from:
 - _____
 - _____
 - _____
- Delete these apps from my phone:
 - _____
 - _____
 - _____
- Delete/unsubscribe from:
 - _____
 - _____
 - _____
- Use my non-tech _____ to replace my tech _____.
(e.g., alarm clock/phone alarm clock; journal/journaling app)
 - _____ → _____
 - _____ → _____
 - _____ → _____
- _____
- _____
- _____

RHYTHMS OF TECH

(continued)

FOR MY MARRIAGE

To create healthy rhythms of technology in my marriage, I will...

- Make date nights tech-free zones.
- Share all passwords with my spouse.
- Make meals a tech-free zone.
- Make car time a tech-free zone.
- _____
- _____
- _____

FOR MY KIDS

To create healthy rhythms of technology with my children, I will...

- Model healthy technology use and sabbath.
- Make meals a tech-free zone.
- Make car time a tech-free zone.
- Explain why I am using my technology when I use it in front of them.
- Remove screens from their bedroom.
- Set tech-free family hours.
- _____
- _____
- _____