

# Disconnected Day

[ No Phones + Stay Present ]

[www.BradShreffler.com](http://www.BradShreffler.com)

## About

A Disconnected Day is 24 hours of not using your phone, checking email, or posting to social media. Instead, spend the day with people close to you, go to the beach or a park, play a card game, or read a book. The day will help clear your mind, become connected with your life, and relax.

## Expectations

1. The 24 hour period starts when you wake up in the morning.
2. Note the time that you woke up, as you won't touch your phone until the same time tomorrow!
3. Turn your phone completely off so notifications don't sneak through somehow, and you won't be tempted to go check "real quick."
4. Some portion of the day should be spent outside if possible. Ideal places to go would be parks, the beach, or the woods.
5. If, for some reason, you find that you need to make a phone call (to order pizza for example), use someone else's phone so as not to see your own notifications.
6. Enjoy!

## Agreement

We, the undersigned group, agree to spend the date of \_\_\_\_\_ fully disconnected. We will follow all of the above expectations and use the experience to become more connected to our non-digital lives.

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