

My 30-day digital detox checklist

Changes

- Delete all social media apps off my phone except WhatsApp.
- Cancel Netflix and Amazon Prime subscriptions.
- Read the news once in the morning using [1440 daily digest](#) which sends news straight to my inbox.
- Delete all games off my phone.
- Leave my phone in my room unless going out.
- If travelling check the route before leaving home and note it down. If I get lost on the way to somewhere use physical maps / ask someone.

Practical exceptions

- Check WhatsApp once at the end of the day (I don't want to miss anything crucial).
- Only use my laptop to write and research for The Simple Living Guide.
- Log on to Facebook/Instagram/Twitter only to post The Simple Living Guide related content (no personal account checking or posting) and only on my laptop. This might only be once or twice in the month.
- Listen to podcasts only twice a week during my walks (this one will hurt).
- I will use my mobile and laptop for work during work hours but put them away once done.