



# UNPLUG EVERY DAY

365 *Ways* to Log Off and Live Better



The cover features a vibrant, abstract geometric pattern in shades of teal and yellow, composed of various shapes like circles, triangles, and lines, creating a modern, artistic border around the central text.

# UNPLUG EVERY DAY

365 Ways to Log Off and Live Better



**CHRONICLE BOOKS**  
SAN FRANCISCO





# INTRODUCTION

Disconnect to reconnect!

We've all been guilty of the mid-dinner text message, the multitasked phone conversation, or the just-before-bedtime e-mail check. This journal offers you 365 small ways to detox from your technology. You'll find just enough prompts to help you appreciate your surroundings and be more at peace with your electronics.

Are you ready to start your digital detox? Flip through the pages of this journal and stop at any action that calls out to you the most today. These suggestions are meant to help you unplug from your digital companions and take your time, focus your attention, nurture your creativity, trust your memory, and enjoy your environment.

Have your ears been hidden by headphones for hours? Go to a live concert with a friend and enjoy the music together. Have you become reliant on your phone for directions? Pull out a paper map, leave the electronic version at home, and get lost on an adventure. Are you buried in e-mail? Spend an hour unsubscribing from lists that haunt you daily. Most of these actions are small enough to accomplish in a day, but they can have a big impact. They'll encourage you to take much-needed breaks and improve your habits to be more attentive. Use them as opportunities to turn off and tune in to the world around you.

When you have chosen a prompt, commit to completing it before the day is through and mark the page with a ribbon marker. Throughout the day, take moments to reflect on the effect the action has—on you, on your loved ones, or with complete strangers you may not have noticed if you'd been buried in your phone. At the end of the day, check off the prompt with the date of completion and jot down your observations on what you did. Have you found yourself less stressed? Are you more excited about taking adventures? Perhaps upon reflection, you'll want to enjoy the satisfaction of another digital detox tomorrow, the next day, and the day after.

A decorative border composed of various geometric shapes, lines, and curves in teal and orange colors, framing the central text.

# WEAR A WATCH

instead of relying on your phone to tell time.



# ENJOY THE HERE AND NOW

instead of documenting for the there and later.



# DON'T CHECK E-MAIL

during your commute. Take the rare opportunity to do absolutely nothing and let your mind wander.



# LAUGH OUT LOUD

instead of LOL. You might even make  
someone else laugh, too.

A decorative border featuring stylized citrus slices in orange and teal colors, arranged in a pattern around the top and left sides of the page.

# MAKE A PHOTO ALBUM

and relive each moment as you place  
the photos on the page.



# START A JAR OF ACCOUNT- ABILITY

with your family. Anyone who checks a digital device during a live conversation has to put a quarter in the jar.



# POST NEWS AND NOTICES

on your school/work/community bulletin board.  
You might be surprised by the responses.

The page features a decorative border with an abstract geometric pattern in teal and yellow. The pattern consists of various shapes like triangles, squares, and lines, some with a textured, stippled appearance. The border runs along the top, bottom, and right edges of the page.

# FOLLOW A HIKING TRAIL

instead of an e-mail trail, and enjoy  
a spectacular view along the way.

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MEET  
AN ONLINE  
FRIEND IN  
PERSON.

An abstract, colorful geometric pattern in shades of teal and yellow, resembling a stylized circuit board or a complex maze, frames the central text. The pattern consists of various shapes like squares, circles, and lines, creating a vibrant, modern aesthetic.

# LEAVE YOUR PHONE AT HOME.

Plan in advance or leave things to chance.



# LISTEN UP!

Give someone your undivided attention.



A decorative border with a repeating geometric pattern in teal and yellow colors, featuring stylized shapes like circles, lines, and triangles, framing the central text.

# INSTALL A LANDLINE

and give your smartphone a break when at home.

A decorative border composed of stylized citrus slices in orange and teal colors, arranged in a pattern around the top and left sides of the page.

# LIMIT WEB SURFING

to one hour a day.

A decorative border with a geometric, mosaic-like pattern in teal and yellow colors, framing the central text. The pattern consists of various shapes, including circles, triangles, and lines, creating a vibrant and textured effect.

SUPPORT  
YOUR LOCAL  
CRAFT FAIR.



# KEEP A BIRTHDAY BOOK

and never need an e-reminder again.

A decorative border with a geometric, abstract pattern in teal and yellow colors, featuring various shapes like triangles, circles, and lines, framing the central text.

START  
A BOOK  
CLUB.

An abstract geometric pattern in teal and orange colors, featuring various shapes like squares, circles, and lines, arranged in a complex, overlapping manner. The pattern is located in the top-left and bottom-right corners of the page, framing the central text.

# RUN FOR FUN

and leave your mileage/elevation-gained  
gadget at home.

A decorative border composed of various geometric shapes like squares, circles, and lines, rendered in teal and yellow colors, framing the central text.

# TAKE A BATH

and immerse yourself in a no-digital zone.



# ASK A STRANGER FOR DIRECTIONS

when you think you've lost your way.



# HAVE A PICNIC IN THE PARK

and enjoy your favorite spread rather  
than a spreadsheet.

A decorative border composed of stylized, overlapping citrus slices in shades of teal and yellow-orange, framing the central text.

# LEARN A NEW LANGUAGE

that doesn't have "hyper" in its name.



# WRITE A LETTER TO THE EDITOR

instead of a blog post.

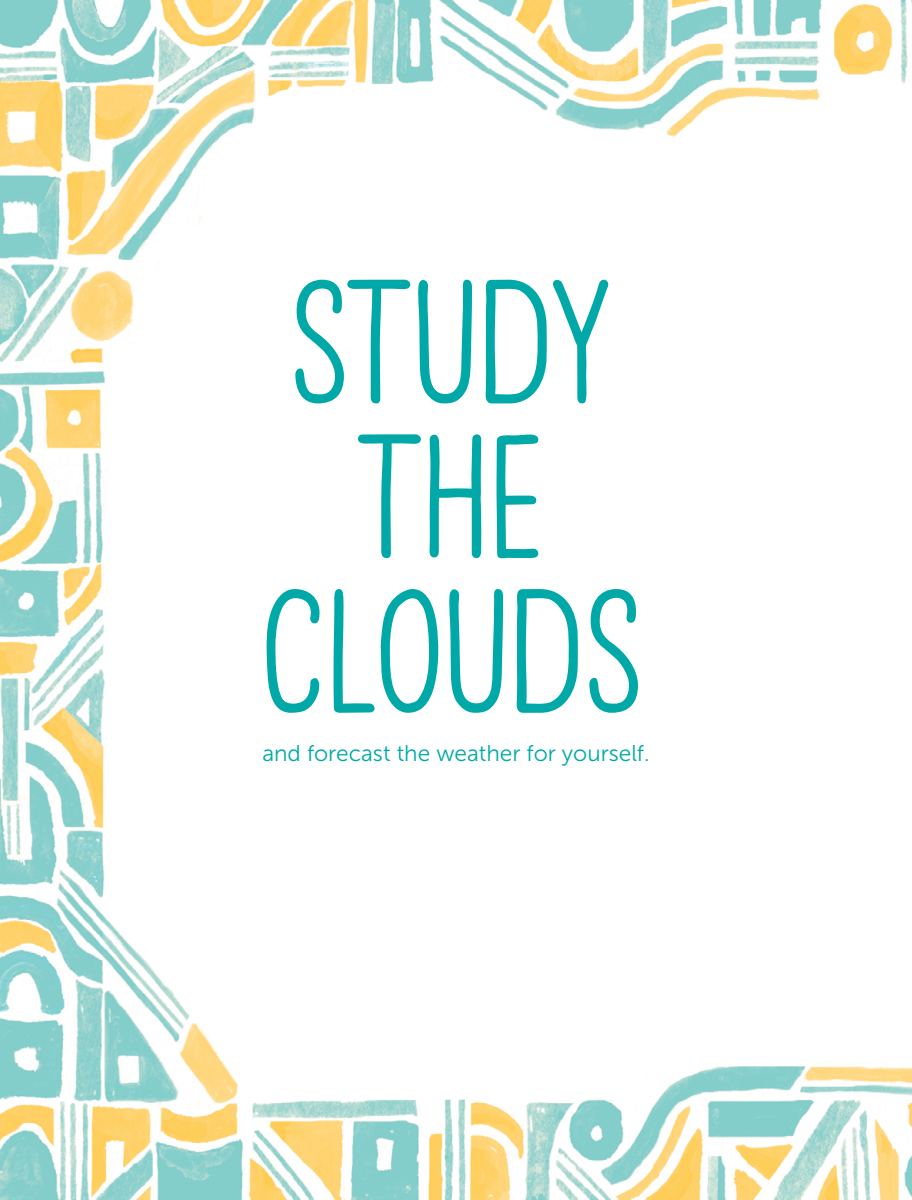
An abstract geometric pattern composed of various shapes like triangles, squares, and lines in teal and yellow, forming a border around the central text.

SLOW  
DOWN.

The page features a decorative border composed of abstract, geometric shapes in teal and yellow. The pattern is most prominent at the top, bottom, and right edges, framing the central text. The shapes include lines, curves, and blocks, creating a modern, artistic feel.

# CHAT UP A STRANGER

when waiting in line.

An abstract, geometric pattern in teal and yellow colors, resembling a stylized circuit board or data flow, frames the top, left, and bottom edges of the page. The pattern consists of various shapes like squares, circles, and lines, some with internal details like smaller squares or dots.

# STUDY THE CLOUDS

and forecast the weather for yourself.

A decorative border with a geometric, abstract pattern in teal and yellow colors, framing the central text. The pattern consists of various shapes like squares, circles, and lines, some with internal details, creating a complex, maze-like appearance.

HOST A  
NO-PHONES  
PARTY.

A decorative border with a repeating pattern of yellow and teal geometric shapes, including circles, squares, and lines, framing the central text.

Learn to

# PLAY A SONG ON THE GUITAR.

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# LISTEN

to a friend in need and experience  
real peer-to-peer file sharing.



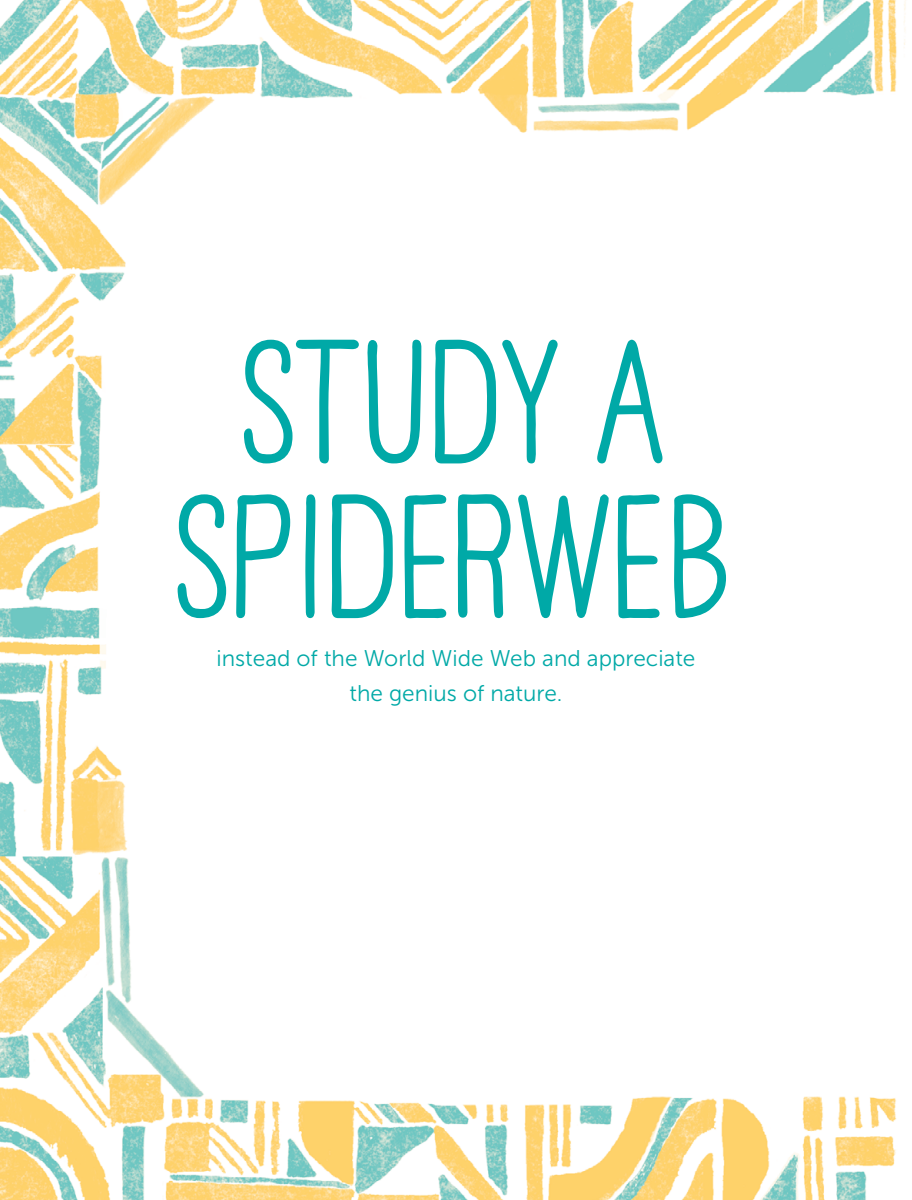
# SPEAK IN PIG LATIN

with a friend to encrypt your public conversation.



# REDUCE AMBIENT LIGHT

and digital hum. Turn off all digital devices  
before going to bed.

An abstract geometric pattern in teal and yellow, consisting of various shapes like triangles, squares, and lines, arranged in a border around the central text.

# STUDY A SPIDERWEB

instead of the World Wide Web and appreciate  
the genius of nature.