



Digital Fast Guide

Adapted from The Digital Fast by Dr. Darren Whitehead

Life Reimagined 2026
CitizensLA



Table of Contents

| | |
|--|----|
| Life Reimagined | 01 |
| Attention as Devotion | 02 |
| Imaginative Exercise (My 80-Year-Old Self) | 03 |
| The Digital Fast | 04 |
| Spiritual Practices | 06 |
| Preparing for the Digital Fast | 23 |
| Beyond the Digital Fast | 25 |

Life *Reimagined*

What if there is more to life than the way we are living today? That question has guided us into our yearlong theme, *Life Reimagined*. As a church, we have anchored ourselves in Jesus' words from John 10:10: "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." The life Jesus invites His followers into is not one of mere survival or dutiful obligation, but a life marked by adventure, wonder, and joy.

Furthermore, we believe God does not observe our lives from a distance but is always speaking to us. The question, though, is: are we always listening? Or are we too busy looking down at a screen? In our current social and cultural moment, we believe few forces have shaped our daily lives—and our discipleship to Jesus—more powerfully than our digital devices. It should come as no surprise, then, that one of the greatest barriers to experiencing the abundant life Jesus offers is our unhealthy attachment to them.

As Dr. Darren Whitehead writes in *The Digital Fast*, "Social scientists and anthropologists have observed that our fixation with digital devices has numbed us, sedated us, and exhausted us, leaving us feeling lonelier and more disconnected. It has lulled us to sleep and left us not fully awake to life."

We believe the Holy Spirit wants to reawaken us once again. Imagine what the Spirit can do when we literally lift our eyes and begin paying closer attention to Him. What might He do when we allow our disappointments, our doubts, and our grief to rise to the surface in prayer instead of numbing out? What might He do when we choose to love our children with our presence? What might He do through us when we begin to notice our neighbor who is quietly struggling alone. The invitation is, and has always been, to live life fully alive together with Him. We hope you will join us for the ride.



“Attention is the beginning of *devotion*.”

-Mary Oliver

Recently, Dino Ambrosi, the founder of Project Reboot, gave a TED Talk titled “The Battle for your Time.” In it, he shares a startling statistic: by the time an average 18-year-old reaches the age of 90, they will have spent 26 years of their life in front of a screen. He then poses a sobering question, “What do you think 26 years of screen will do to you?” Or, put another way, how is our screen time forming us? We believe that our unhealthy attachment to our devices is shaping the people we are becoming, primarily by robbing us of our time and attention.

Poet and author Mary Oliver writes, “Attention is the beginning of devotion.” In a similar way, Jesus says in John 10:3-4 that His followers are like sheep who listen to their shepherd’s voice and follow him because they know his voice. What we give our attention to ultimately becomes the object of our devotion. This is why the Latin word for attention, *attendere*, means “to stretch toward.” And what are we stretching ourselves toward? We stretch ourselves toward what we believe to be the ultimate aim and purpose of life-what the Greeks called *telos*. Our attention reveals our *telos* and exposes the foundation upon which our lives are being built. So who, or what, has your attention, and what does this reveal about what your *telos*? This is an essential question to consider as we begin the journey of reclaiming our attention and reorienting our *telos* back to Jesus.

Self-Reflection Exercise

Reflective Exercise:

- Go to your phone’s settings and search for your Screen Time data.
- You will be able to access your Daily Average amount of phone use.
- Select See All Activity.

Self-Reflection:

- What are you noticing? Is there anything that surprises you?
- Where are you spending the most time and attention? Why do you think that is?
- How do you believe this is shaping you and the kind of person you are becoming?

Imaginative Exercise

My 80-Year-Old Self

The purpose of this exercise is to shed light on our truest *telos* (our ultimate aim and purpose in life) primarily by describing the type of person we desire to become. Before you begin, take a few deep breaths and get into a comfortable position. If it helps, feel free to write your thoughts out in a journal.

Imaginative Exercise

Imagine yourself in the front garden or on the stoop of a home. You walk inside the home, and you see someone familiar sitting in a chair. They look up and smile, they stand, they welcome and embrace you and they invite you to sit with them. This person is about 80 years old and they are you-as your future self, your hoped for self.

Take a moment to imagine what the space around you looks like, the furniture, the pictures on the walls. Spend some time reflecting on these prompts:

- What book or hobby might have just been set aside in order for the future you to greet their guest?
- How might you feel in the presence of this person?
- How does this person seem to you? How would you describe them? What do they look like?
- How might you describe their choice of clothing?
- As you start to speak with them, what is the cadence of their voice? What is the content of their conversation? What is the speed at which they engage in their interactions?
- How does silence feel with them?
- If you were to eat and drink together, what is consumed between you and what is the nature of their service towards you?
- How do they respond to an interruption?
- How do you imagine they enjoy spending time? What brings them delight?
- Who is in their life? What stories do they tell?
- What do they value and appreciate?



Reflect and Pray

- Who do I see myself becoming as I become more like Jesus?
- What differences did you notice between your current and future *telos*?
- How does this reveal my true *telos*?
- Write down words or phrases that come to mind, maybe hopes or desires that rise to the surface. Invite God to speak to you in this space and surrender all of this to Christ.

“Turn my eyes from looking at worthless things and give me life in your ways.”

-Psalm 119:37 (NIV)

The Invitation

Though our devices promise us many things, they cannot give our souls what they need most. The invitation of this Digital Fast is to receive the deep, soul-level rest Jesus offers when He says, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” (Matthew 11:28-30). The purpose of this Digital Fast is not to check off another box on a Christian to-do list but to enter a journey of inner transformation. We want to allow the Holy Spirit to reshape our hearts and reorient our lives as we become more available and willing to listen. As Dr. Darren Whitehead writes, “Rather than asking, ‘Can I really do this for forty days?’ you should ask, ‘What do I want to learn or experience in the next forty days?’” Our hope is that we would rediscover life as it was meant to be lived.

The Digital Fast



Why a Digital Fast?

During this season of Lent, our desire is to join the global and historic Church in refraining from temporary or lesser desires in order to awaken ourselves to the One our hearts desire most. We actively say no to fleeting pleasures and say yes to feasting on the presence of God. More specifically, we believe God is inviting our church into deeper communion with Him by:

- Silencing the noise and distraction in our lives so that we can fix our gaze and attention on Jesus. We want to remain fully present in our relationship with Jesus, ourselves, and those around us.
- Growing in our awareness of how our devices are forming us and the unhealthy dependencies that may exist. We recognize that awareness is the first step toward a healthier relationship with technology.
- Creating margin in our lives to cultivate greater intimacy with Jesus.
- Engaging in this digital fast together as a community by embracing the gift of relationships God has given us to support, challenge, and spur one another on.

The Digital Fast

Everyone is different, and the necessity for access to digital technology and devices varies. However, we invite you to prayerfully consider participating in one of the two fasting options: a full digital fast or a modified fast. Regardless of which option you choose, we believe that this experience will be life-giving to you.

Option #1: Full Digital Fast (During Lent)

This option involves eliminating screens for personal use and enjoyment and embracing your device purely as a tool for utility. It is important to commit to staying off social media, shopping apps, and any other digital entertainment that distracts you.

- **Audit Smartphone Apps:** Think about your apps in terms of distraction vs utility. Ask yourself, “Is this distracting me (or supposed to distract me) or is this something useful?”
 - Examples of distracting apps: Social media, email, news, games, video, shopping, and browser.
 - Examples of utility: Phone, text, calendar, camera, music, weather, maps, and notes.
- **Eliminate Screens For Entertainment and Enjoyment:** This includes streaming services, gaming devices, cable television, etc. What do you turn on to numb out, stay distracted, or keep as background noise to avoid silence?
- **Work Apps During Work Hours on Work Devices:** Limit digital technology to work apps during work hours on work devices. Commit to no work outside of work hours.

Option #2: Modified Digital Fast (During Lent)

In this modified version there is freedom to adjust the parameters of this fast.

- **Audit Smartphone Apps:** Modifying this could include limiting the days of using certain apps or choosing a select amount of apps. We strongly encourage picking at least a few apps that are distracting and time-consuming to abstain from during this time.
- **Create Limitations for Entertainment:** Fast from other entertainment through digital technology (such as TV) for a specific number of days during the week.
- **Limit Work Apps During Work Hours on Work Devices:** Limit digital technology to work apps during work hours on work devices. Commit to no work outside of work hours.

We anticipate that detaching from our devices will create margin and space in our lives. Our hope is to intentionally fill that space in ways that cultivate deeper intimacy with Jesus and with one another. It is essential to remember that spiritual practices are not a means of earning grace. Rather, they are intentional rhythms that help us more fully experience and live within the grace that has already been freely given to us. Our starting point in spiritual practices is not striving, but receiving. We begin from a place of knowing we are loved by God and welcomed into the abundant life Jesus promises. As we resist the compulsive pull toward our phones, our desire is that we would then redirect our attention toward abiding in Jesus. In doing so, we give space and permission for the Spirit to form us. Lastly, our desire is to engage these spiritual practices communally as a shared way of life to support, uplift, and encourage one another along the journey. We've included six different spiritual practices-three that focus on deepening our relationship with Jesus, and three that nurture our relationships with those around us.. We ask that you prayerfully consider and discern how God is inviting you to enjoy His presence in this season of your life. We are excited for all that we will experience and discover as we corporately engage in these practices together as a church community.

Relationship with Jesus

| | | |
|-----------|--------|--------------------|
| SCRIPTURE | PRAYER | SILENCE + SOLITUDE |
|-----------|--------|--------------------|

Relationship with Others

| | | |
|-----|------|------|
| EAT | WORK | PLAY |
|-----|------|------|

Scripture

*Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
but whose delight is in the law of the Lord,
and who meditates on his law day and night.
That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.*

-Psalm 1:1-3

BREAD

Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." -John 6:35

BE STILL

Find a place where you can encounter God and sit in stillness for a minute or two. Ask Him to fill the space and invite the Spirit to guide your time.

READ

Slowly read through the Scripture for the day. What verse are you drawn to? Write it down.

ENCOUNTER

Meditate on what God highlighted to you in the passage by journaling through questions such as: What might God want me to know about Himself, myself, or others? Is God revealing a lie or truth He wants me to notice and respond to? Where does this intersect with my current life and circumstances? What else might God be saying to me?

APPLY

Begin to write down how God might want you to carry what He's saying into your day. What truth do you need to hold onto today? How might God want to change you through this passage? Write down how you are going to live out His word practically in your day.

DEVOTE

Spend the remaining time writing a simple prayer of devotion to God.

LENTEN READING PLAN

WEEK 01

02.18 WED (Ash Wednesday)

Psalm 90; Amos 5:6-15;
Hebrews 12:1-14; Matthew 4:1-11

02.19 THU

Psalm 37:18-40; Habakkuk 3:1-18;
Philippians 3:12-21; John 17:1-8

02.20 FRI

Psalm 31; Ezekiel 18:1-4, 25-32;
Philippians 4:1-9; John 17:9-19

02.21 SAT

Psalm 32; Ezekiel 39:21-29;
Philippians 4:10-20; John 17:20-26

WEEK 02

02.22 SUN

Psalm 98; Daniel 9:3-10
Hebrews 2:10-18; John 12:44-50

02.23 MON

Psalm 52; Genesis 37:1-11
1 Corinthians 1:1-19; Mark 1:1-13

02.24 TUE

Psalm 47; Genesis 37:12-24;
1 Corinthians 1:20-31; Mark 1:14-28

02.25 WED

Psalm 49; Genesis 37:25-36;
1 Corinthians 2:1-13; Mark 1:29-45

02.26 THU

Psalm 59; Genesis 39:1-23;
1 Corinthians 2:14-3:15; Mark 2:1-12

02.27 FRI

Psalm 40; Genesis 40:1-23;
1 Corinthians 3:16-23; Mark 2:13-22

02.28 SAT

Psalm 138; Genesis 41:1-13;
1 Corinthians 4:1-7; Mark 2:23-3:6

WEEK 03

03.01 SUN

Psalm 29; Genesis 41:14-45;
Romans 6:3-14; John 5:19-24

03.02 MON

Psalm 57; Genesis 41:46-57;
1 Corinthians 4:8-21; Mark 3:7-19

03.03 TUE

Psalm 62; Genesis 42:1-17;
1 Corinthians 5:1-8; Mark 3:20-35

03.04 WED

Psalm 119:73-96; Genesis 42:18-28;
1 Corinthians 5:9-6:8; Mark 4:1-20

03.05 THU

Psalm 71; Genesis 42:29-38;
1 Corinthians 6:12-30; Mark 4:21-34

03.06 FRI

Psalm 69; Genesis 43:1-15;
1 Corinthians 7:1-9; Mark 4:35-41

03.07 SAT

Psalm 76; Genesis 43:16-34;
1 Corinthians 7:10-24; Mark 5:1-20

WEEK 04

03.08 SUN

Psalm 96; Genesis 44:1-17;
Romans 8:1-10; John 5:25-29

03.09 MON

Psalm 77; Genesis 44:18-34;
1 Corinthians 7:25-31; Mark 5:21-43

03.10 TUE

Psalm 78:40-72; Genesis 45:1-15;
1 Corinthians 7:32-40; Mark 6:1-13

03.11 WED

Psalm 81; Genesis 45:16-28;
1 Corinthians 8:1-13; Mark 6:13-29

03.12 THU

Psalm 42; Genesis 46:1-7, 28-34;
1 Corinthians 9:1-15; Mark 6:30-46

03.13 FRI

Psalm 88; Genesis 47:1-26;
1 Corinthians 9:16-27; Mark 6:47-56

03.14 SAT

Psalm 90; Genesis 47:27-48:7;
1 Corinthians 10:1-13; Mark 7:1-23

WEEK 05

03.15 SUN

Psalm 66; Genesis 48:8-22;
Romans 8:11-25; John 6:27-40

03.16 MON

Psalm 89:1-18; Genesis 49:1-28;
1 Corinthians 10:14-11:1; Mark 7:24-37

03.17 TUE

Psalm 97; Genesis 49:29-50:14;
1 Corinthians 11:17-34; Mark 8:1-10

03.18 WED

Psalm 101; Genesis 50:15-26;
1 Corinthians 12:1-11; Mark 8:11-26

03.19 THU

Psalm 69; Exodus 1:6-22;
1 Corinthians 12:12-26; Mark 8:27-9:1

03.20 FRI

Psalm 102; Exodus 2:1-22;
1 Corinthians 12:27-13:3; Mark 9:2-13

03.21 SAT

Psalm 107:33-43; Exodus 2:23-3:15;
1 Corinthians 13:1-13; Mark 9:14-29

WEEK 06

03.22 SUN

Psalm 118; Exodus 3:16-4:9;
Romans 12:1-21; John 8:46-59

03.23 MON

Psalm 31; Exodus 4:10-31;
1 Corinthians 14:1-19; Mark 9:30-41

03.24 TUE

Psalm 120; Exodus 5:1-6:1;
1 Corinthians 14:20-40; Mark 9:42-50

03.25 WED

Psalm 119:125-176; Exodus 7:8-24;
2 Corinthians 2:14-3:6; Mark 10:1-16

03.26 THU

Psalm 131; Exodus 7:25-8:19;
2 Corinthians 3:7-18; Mark 10:17-31

03.27 FRI

Psalm 22; Exodus 9:13-35;
2 Corinthians 4:1-12; Mark 10:32-45

03.28 SAT

Psalm 137; Exodus 10:21-11:8;
2 Corinthians 4:13-18; Mark 10:46-52

LENTEN READING PLAN

Week 07 (Holy Week)

03.29 SUN

Psalm 103; Zechariah 9:9-12;
1 Timothy 6:12-16; Luke 19:28-48

03.30 MON

Psalm 51; Lamentations 1:1-12;
2 Corinthians 1:1-7; Mark 11:12-25

03.31 TUE

Psalm 94; Lamentations 1:17-22;
2 Corinthians 1:8-22; Mark 11:27-33

04.01 WED

Psalm 55; Lamentations 2:1-17;
2 Corinthians 1:23-2:11; Mark 12:1-11

04.02 THU

Psalm 143; Lamentations 2:10-18;
1 Corinthians 10:14-17; Mark 14:12-25

04.03 FRI

Psalm 40; Lamentations 3:1-9, 19-33;
1 Peter 1:10-20; John 19:16-42

04.04 SAT

Psalm 27; Lamentations 3:37-58;
Hebrews 4:1-16; Luke 23:50-56

WEEK 08

04.05 SUN (Easter)

Psalm 148; Exodus 12:1-13;
Luke 24:13-35; John 20:1-23

Prayer

*As the Father has loved me, so have I loved you.
Now remain in my love.*

-John 15:9

A Prayer When The Fast Gets Hard

Jesus,

I confess that remaining in your love is hard. I am prone to detach, numb, and soothe my discomfort with distraction. Jesus, would you remind me that you are with me. You are my ever present help in my time of need. Give me the courage I need to offer my full self before you and the strength to stay present. As I learn to be still, it is then that I begin to know that you are God. The world throws out empty promises but you, and you alone, promise life. I remember your invitation:

Let anyone who is thirsty come to me and drink.

Come to me, all you who are weary and burdened, and I will give you rest.

I am the bread of life. Whoever comes to me will never go hungry.

I say yes to this invitation. I surrender my life to the One who can truly satisfy. Awaken my eyes to see your beauty that surrounds me, renew my sense of wonder in simple joys, and draw me deeper into love for you and the people you've entrusted to me.

Prayer of Examen

Each day, set aside 10-15 minutes at the end of your day to practice the Examen. Take a minute or so to sit in silence, preparing to receive what the Holy Spirit brings to mind.

Replay-What happened today?

Rejoice-When in the last 24 hours did I deeply feel the presence of God? When did I experience His love? When did I feel close to Him?

Repent-When did I feel most distant from God? When did I least experience His love? When did I sin?

Request-In light of all this, what is one request I have for the next 24 hours? What is one prayer I want to offer up to God?

Silence and Solitude

But Jesus often withdrew to lonely places and prayed.

-Luke 5:16

Beginning and Ending the Day with Silence and Solitude

Often times we begin our day reaching for our phone and end our day looking at our phone. We want to replace this mindless activity with silence and solitude—an intentional quiet time alone with ourselves and God. It's creating space in our lives where we get away from people and distractions to be still in God's presence.

Reserve: Set aside time and space to be in silence.

Remove: Eliminate anything that can distract you.

Relax: Slow down. Get in a comfortable position. Breathe.

Receive: Just sit and receive God's love. Remember there is nothing you need to accomplish in this time.

Eat

Meeting God at the Table

Host a Potluck

A potluck is a beautiful image of the Body of Christ. It is one of the most recognizable ways communities gather to eat. Guests come often bearing a dish of their own to share and offer at the long table. Folks will walk the line of food with a plate in hand, depositing small portions onto their plate until it is filled with tastes from kitchens all around. Everyone comes hungry and leaves fed.

Invite a few people over for a potluck. Prepare a few thoughtful discussion questions for guests to share their responses to. Spontaneous dialogue can happen very organically amongst people that are already comfortable with each other. But a thoughtful curated question can be helpful to give a newcomer the courage to enter the conversation!

Here are just a few conversation starters for around the table:

1. Share with the table about a meal you remember very fondly and what made it so memorable.
2. Reflect on a time when a community showed up for you in a meaningful way.
3. What is your go-to comfort food?

A Table for Two

In Luke 19, Jesus invites himself over for a meal at the home of Zaccheus - a chief tax collector. During a time when tax collectors were spiritually and socially marginalized, it was through the proximity in sharing a meal that Zaccheus was saved. Zaccheus' repentance was a response to being welcomed at the table and not a prerequisite for an invitation to the table.

Think of a person that you would like to share a meal with. This could be an old friend you have been meaning to catch up with. Or perhaps there is someone you know that is going through a hard time and could use a comforting meal to nourish their body and a friend's presence to nourish their soul. Or maybe there is someone who is new to your work or church that you would like to welcome and get to know over a meal together. Reach out and invite them to a meal.

Work

Meeting God in Our Vocation

"If we are to be God's image-bearers with regard to creation, then we will carry on his pattern of work. His world is not hostile, so that it needs to be beaten down like an enemy. Rather, its potential is undeveloped, so it needs to be cultivated like a garden. So we are not to relate to the world as park rangers, whose job is not to change their space, but to preserve things as they are.. Nor are we to "pave over the garden" of the created world to make a parking lot. No, we are to be gardeners who take an active stance toward their charge. They do not leave the land as it is. They rearrange it in order to make it most fruitful, to draw the potentialities for growth and development out of the soil. They dig up the ground and rearrange it with a goal in mind: to rearrange the raw material of the garden so that it produces food, flowers, and beauty. And that is the pattern for all work. It is creative and assertive. It is rearranging the raw material of God's creation in such a way that it helps the world in general, and people in particular, thrive and flourish."

Tim Keller, Every Good Endeavor: Connecting Your Work to God's Work

Seeing your work differently

What parts of my job feel routine, repetitive, or uncreative? What might it look like to see those tasks as cultivation rather than just maintenance?

Small acts of cultivation

In my day-to-day work, where do small choices (clarity, care, honesty, organization) make things better for someone else - even if no one notices?

Rearranging for fruitfulness

What's one small way I could "rearrange the soil" of my work - how I structure my time, communicate, or solve problems - to make things smoother or more life-giving for others?

People, not just tasks

Who benefits from my work that I rarely think about? How does what I do help real people thrive, even indirectly?

Play

Meeting God in Our Joy

In 2 Samuel 6 we see King David expressing his pure joy of God's presence with dancing and music. There are so many ways we can use our bodies and minds to experience joy and delight in God's presence.

Spend some time working on a creative project purely for the joy of making something.

Create not to produce or prove anything, but to reflect the joy of a God who creates. Your project can be anything: crocheting, cooking, baking, drawing, journaling, rearranging a space, or trying something new with your hands. As you create, invite God into the process. Notice where you experience gratitude, patience, delight, or resistance.

Set aside intentional time to play with others as an act of community and gratitude.

Play is a way of receiving joy, strengthening connection, and remembering that God delights in shared life. This might look like a game night, a competitive sport, a shared meal or wine night, laughter around a table, or any space where you can be fully present with others. Start the activity by giving thanks to God for the people you're with, and remember that delight and rest are part of God's good design—not something to earn, but something to receive. Enjoy!

Step away from your normal rhythms to be fully present in nature.

Even in a busy city like Los Angeles, surrounded by traffic and tall buildings, God's creation is present. Take a short drive, walk, or bike ride and find the mountains, the beach, a river, or a quiet park. Leave your headphones at home and pay attention to the sights and sounds around you. Notice His handiwork in the trees, waves, and sky, and let the beauty of creation refresh your spirit and draw you into His wonder.

Preparing for the Digital Fast

Here are some practical steps you can take as you prepare for the Digital Fast:

- Take time to read through this guide slowly. Engage with the imaginative exercise to better understand the ways you desire to become more like Jesus.
- Perhaps most importantly, reflect and answer this question: Why do you want to engage in this Digital Fast? What do you hope to gain through this experience?
- Discern how you will best enjoy and experience God through the Spiritual Practices. Take into consideration your season of life and stage in your faith journey.
- Purchase an alarm clock so your phone is not charging in your room or beside your bed, leading to scrolling upon waking.
- Purchase an analog watch to replace your smart watch.
- Change your phone settings to grayscale to make your phone less visually enticing.
- Turn off notifications on your phone.
- Talk with your family and friends about how you are participating in your digital fast and come up with ways they can support and encourage you and others.
- If possible, have a conversation with your work teams and/or supervisor about your hope to disengage from work and technology during non-working hours.

Engaging in the Digital Fast Together

We strongly recommend that you find a few people who are also fasting and establish a regular check-in rhythm with consistent questions to ask one another regularly.

Who is participating in the Digital Fast with you? Write their names below.

What will your regular check-in rhythm look like? Be specific.

Moving forward, feel free to use the following questions to check-in with your group:

- What is one way you experienced God recently?
- What is one thing you noticed about yourself as you engaged in the digital fast/spiritual practices?
- How can we support you and pray with you?

Beyond the Digital Fast

Reflection

We invite you to use the following reflection questions to process your journey with the Digital Fast:

- What did you learn about God, yourself, and others?
- What big insights came out of the forty days?
- How has your perspective changed after forty days?
- How have you grown in the past forty days? Where do you want to continue to grow?
- What did you enjoy most about your fast that you want to continue?
- What did you start or stop doing that made you feel more alive?
- How are you different after going through the digital fast?
- Which of the changes you made had the most impact?
- In what ways did you engage with others that you want to carry over?

Best Practices

Here are some best practices to consider implementing as a way to maintain a healthier relationship with technology:

- Designate Tech-Free Zones
- Set Specific Times for Checking Notifications
- Use Do Not Disturb
- Delete Unnecessary Apps
- Mindful Scrolling
- Turn Off Non-Essential Notifications
- Practice the “Out of Sight, Out of Mind” Principles
- Use Screen Time or Digital Wellbeing Features
- Engage in Ongoing Regular Digital Fasting
- Reflect on Your Smartphone Use