



CHECKLIST

— UNPLUGGED, SCREEN-FREE ACTIVITIES — FOR THE HOLIDAY SEASON OR ANYTIME OF YEAR

Instructions:

- Print out this checklist.
- See how many activities you can do.
- Tick off each activity that you complete.
- Take a photo of your completed (or mostly-completed) checklist. "Done!"
- Send the photo to me and my team (hello@alexandrafranzen.com) anytime, any day of the year.
- We'll send a very nice surprise back to you.

Happy holidays. Happy New Year. Merry everything.

**— UNPLUGGED, SCREEN-FREE ACTIVITIES —
FOR THE HOLIDAY SEASON
OR ANYTIME OF YEAR**

- [] Take a walk outside without your phone, headphones, or any digital devices.
- [] Get an actual book (physical book, not digital) from a bookstore or from your local public library. Hold the book in your hands. Read at least three pages.
- [] Cook something from memory or using an actual cookbook, rather than finding a recipe online. Yes, “stuff on top of toast” totally counts.
- [] Write down a list of “upgrades” you’d love to make in your home, office, or life. Do you want less clutter and more free time on your schedule? A nicer shower curtain? An herb garden on the windowsill? What would make your life a little bit better? Make a list. Pick at least one thing from your list. Do it today.
- [] Make up a really dumb, corny, punny joke that induces groans of dismay from those around you. Example: “Did you hear that Mrs. Window finally got a divorce?” “Yeah. Thank goodness. Her husband was a real pane.”
- [] If you knew that you had 24 hours to live, what would you do with your time? How would you spend your final day? Is there a particular meal you’d want to eat? People you’d want to see or call? A letter you would write? Would you watch the sunrise? Walk barefoot on the grass? Make your Final 24 list. Extra credit: pick at least one item from your list and do it today. Extra-extra credit: pick one day in the next month, clear your schedule, and then do everything on your Final 24 list...all in one day. [Read this book for extra inspiration.](#)

[] Go outside or sit by a window. [To quote Clare Barry, "Look up, not down."](#)
Gaze up at the sky, not down at a phone.

[] Lie down and do absolutely nothing...for as much time as you want.

[] Challenge yourself to go one entire day—from the moment you wake up, to the moment you fall asleep—without touching your phone, tablet, computer, TV, video game console, GPS, or any other digital device. If that's too difficult, try doing half the day.

[] The next time a random question arises in your mind ("What was the name of that one actor...from that one show in the '90s...about the thing...you know the one I mean?"), and you feel compelled to reach for your phone and immediately Google the answer...Don't. Just let the question go unanswered.

[] Connect with someone you love in a non-digital way. Ideas: send a handwritten letter. Mail a gift. Spend time together face-to-face if it's safe and possible to do so. Hold someone in your thoughts while you pray or meditate. Send a telepathic message. Or something else.

[] Spend a little time thinking about social media. How do you currently use social media? Daily? A lot? Just a little? For work? For personal reasons? Does social media make your life better? Worse? A little of both? What's one small change you could make, immediately, to create a positive shift in your life? (For instance: maybe you want to keep social media on your computer but delete social media apps from your phone. Or maybe you want to take a social media break for 3 days and see how it feels to step away.)

[] Savor a meal without any digital devices on the table or anywhere nearby. Eat slowly and enjoy each bite.

[] Do something amazingly generous that you wouldn't ordinarily do, or that you haven't done for a while. For instance: deliver a home-cooked meal to someone's house. Snail-mail a care package to a relative who lives in another city. Donate 10 books to your local library. Give your employees an unexpected bonus, or tell folks, "Hey, take the rest of the day off." [Be a "daymaker" \(as David Wagner would say\)](#) and go brighten someone's day.

What else?

What are some other unplugged, screen-free activities that you'd like to do?

Write a few of your own ideas.

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I'm extremely grateful for the Internet...and for email, online banking, my mailing list system which allows me to keep in touch with readers and clients, and all the digital tools that allow my life and career to function.

At the same time, I'm painfully aware that it's easy to slip into unhealthy habits and allow technology to consume far too much of my life. Maybe you can relate.

There is so much more to life—beyond the parts we can click and type.

There is a whole big world out there beyond the screen. Let's not forget that.

Technology should make our lives better, not worse.

So, let's all aim to unplug more and spend less time glued to a screen.

Less scrolling. More living.

-Alex

THANKS FOR DOWNLOADING THIS CHECKLIST.

This is a free checklist. Enjoy. Share it with friends, family, and students.

If you'd like to publish this worksheet in a book, magazine, on a website, or any other platform, or if you'd like to use this worksheet in a commercial/for-profit context (with clients, customers, etc.), please email hello@alexandrafranzen.com to request permission first. Thank you.

ABOUT ALEXANDRA

[Alexandra Franzen](#) is a writer and entrepreneur based in Hawaii.

Her writing has been published in places like *Time*, *Forbes*, *Newsweek*, *The Huffington Post*, and *Lifehacker*. She's been mentioned in places like *The New York Times Small Business Blog*, *The Atlantic*, *The Los Angeles Times*, and *Inc.*

She's the author of several books, including [The Checklist Book](#), [You're Going to Survive](#), and [So This Is the End: A Love Story](#).

She teaches classes on writing, communication, creative marketing, productivity, setting intentions and goals, and simplifying life and work. She has led classes in 18 cities around the world—and online, too.

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