

Date:

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M T W TH F SA SU

[Challenge: 7-to-7]

"If someone throws a fit that you set boundaries, it's just more evidence the boundary was needed." – UNKNOWN

► CONSIDERATIONS:

Stores set hours, like 9:00 a.m. to 5:00 p.m. They open and close to give owners and staff a break. We are constantly checking our smartphones and digital devices all day - and night! In a survey, 70% of respondents admitted that the first and last thing they do every day is to check their phone. By placing boundaries and blocking out time, we start to control the noise in our lives, particularly from always-on technology.

► INSTRUCTIONS:

The point of the challenge is to set scheduled boundaries from technology. The reason why it's important is that we all need to rest and recharge. Consider if you could look at all your digital devices and say that they work for you, you don't work for them.

- ▶ Pick a set time in the evening and in the morning to disconnect from all digital devices.
- ▶ For that time period, do not check them (although you can leave them on if there's an emergency).
- ▶ Put all the devices far enough from where you sleep to hear but not use them.
- ▶ Set this "7-to-7" time period as off-hours for several days.



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► FOR REFLECTION:

Q: *Can you describe how the challenge felt in a few words?*

Q: *What was difficult about it?*

Q: *What was rewarding about it?*

Q: *What would you now choose to be your off-hours every evening to early morning?*



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