

# —DIGITAL— MINDFULNESS

WEEK 3

with Catherine Price

## Leadership in a Digital World

We created this four-week digital mindful challenge to help you set intentions and disconnect from your devices. Week three is all about leadership in a digital world.

Print or save this worksheet and mark off each challenge as you complete them.

### Day 1



#### **BREAKFAST WITHOUT DEVICES**

Keep your phone in a different room while enjoying your breakfast.

### Day 5



#### **MAKE A CONNECTION**

Send a note and connect with a colleague you haven't touched base with in a while.

### Day 2



#### **NO DISTRACTIONS**

Turn your phone to silent mode during meetings.

### Day 6



#### **SET YOUR OOO**

Turn on your "out of office" message for both personal and work email.

### Day 3



#### **TAKE A WELLNESS WALK**

Exploring nature is a grounding alternative to the virtual world. Schedule a short walk outdoors today without looking at your phone, focused on your surroundings.

### Day 7



#### **STAY HYDRATED**

Carry a bottle of water with you, and every time you take a sip, tune into your body. Notice any sensations in your body and the cadence of your breath.

### Day 4



#### **UNPLUG, AND BE PRESENT**

Disconnect from work emails, social media, or calls for the entire weekend.



**YOU MADE IT!**

**ON TO THE NEXT CHALLENGE...**

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