

Sharpening the Saw

Directions: Choose one of the tasks to perform today or this evening. Journal about it here. These will be due tomorrow.

1. Do a digital detox. Put your phone away from this block until bedtime tonight. NO SOCIAL MEDIA.
2. Watch the sunset alone or with someone you love. No Distractions, No Phones.
3. Try a meditation app this evening before bed (i.e. Calm)
4. Read a novel for an hour before you go to bed. No phone or social media.
5. Read an old school newspaper.