

# »» #WannabeHandsFree ««

- Plan an act of service w/kids
- Be public about goal
- Change phone notifications
- Create a “no phone” routine
- Let go of your “to do” list for  days
- Create a “life list” with your kids
- Go on a no phone nature walk

»» Journal and/or share your thoughts and experiences at least 4 times.

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## »» 4 No Phone Days

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## »» 5 Activities with Kids

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### *I Pledge...*

To put down the phone during meal times, even if I’m by myself.  
I will refrain from getting on my phone first thing in the morning and will take time to study and meditate first.  
I will focus on being more present with my children and taking the time to plan and do meaningful activities together.  
I will take more time to prepare healthy meals for my family and participate in regular physical activity with them.  
I will share my experience with this challenge and offer up my support to others in the Facebook group.

Sign: \_\_\_\_\_