

No-Screen Challenge

See How Many You Can Complete

..... Ordinary & Happy

<p>1 <input type="checkbox"/></p> <p>Read a book or magazine for 20-30 minutes uninterrupted.</p>	<p>2 <input type="checkbox"/></p> <p>At dinner, put your phones down in the middle of the table. Ask 'when was the last time you laughed', and don't look at your screens until dinner is finished.</p>	<p>3 <input type="checkbox"/></p> <p>Go for a walk around the neighborhood with your phone at home or in your pocket. Simply walk and notice things around you.</p>
<p>4 <input type="checkbox"/></p> <p>Sit in the backyard for 15-30 minutes and just listen.</p>	<p>5 <input type="checkbox"/></p> <p>Make a written to-do list for tomorrow. It doesn't have to correspond or connect to any digital lists you have. Cross them out once you've done them.</p>	<p>6 <input type="checkbox"/></p> <p>Fix, repair, or upcycle something at home for 30-60 minutes.</p>
<p>7 <input type="checkbox"/></p> <p>Declutter something you've been meaning to for a long time for 15 minutes. It could be a drawer, your workspace, your closet, and lots of other areas of the home.</p>	<p>8 <input type="checkbox"/></p> <p>Water your plants and do some gardening.</p>	<p>9 <input type="checkbox"/></p> <p>Go to a creative writing meetup, or have a writing session at home, with a pen and paper, not a laptop.</p>
<p>10 <input type="checkbox"/></p> <p>Play a board game with family or friends.</p>		<p>11 <input type="checkbox"/></p> <p>Sit in a quiet room, close your eyes, and visualize goals, dreams, and beautiful places for 5 minutes.</p>