



A DIGITAL MINIMALISM 30-DAY CHALLENGE

The 30-Day Digital Declutter Workbook

One month away from optional technology — with a daily prompt, weekly reflections, and a worksheet for deciding what earns its way back in.

The Method

This workbook follows the 30-day digital declutter that Cal Newport describes in *Digital Minimalism*, adapted to Quiesora's gentler, addition-first approach. The idea is simple and it happens in three movements:

- 1. Step away.** For thirty days, take a break from the *optional* technologies in your life — the apps and feeds you could stop using without breaking work or family obligations.
- 2. Rediscover.** Use the freed hours to explore what you actually enjoy: walks, paper, craft, people. The daily prompts in this workbook carry you through this part.
- 3. Reintroduce, deliberately.** At the end of the month, let a technology back in only if it serves something you deeply value — and decide exactly how you'll use it. The worksheet on page 7 walks you through it.

What I'm Stepping Away From

List the optional technologies you're pausing this month. If something can't be removed entirely, write the rule that contains it (for example: "messages — twice a day, at lunch and 6pm").

TECHNOLOGY / APP	PAUSING ENTIRELY, OR MY RULE FOR IT

MY WHY — WHAT I HOPE THIS MONTH GIVES BACK

Days 1–7

The first week is about noticing. Don't aim for a perfect record — aim for honest answers. One prompt per day, a line or two each.

1 **Begin**
The phone is quieter today. What's the first thing I noticed?

2 **The One I'll Miss**
Which app do I miss most already — and what does that tell me about what it was doing for me?

3 **The Reach**
Count today's phantom reaches for the phone. What was each hand actually looking for?

4 **First Ten Minutes**
What did I do with the first ten minutes of today? What would I like to do with them tomorrow?

5 **Let Boredom Stay**
When did I feel bored today — and what surfaced when I let the feeling sit instead of feeding it?

6 **Name the Void**
What feeling does scrolling usually keep at arm's length for me?

7 **One Week Down**
What was harder than expected this week? What was easier?

WEEK ONE IN REVIEW

Days 8–14

Subtraction only works if something better takes the empty seat. This week, each day adds one analog experiment.

8

Reach for Paper

Write one page by hand — about anything. How did it feel different from typing?

9

Walk Without a Destination

Take a walk with no phone and no goal. What did I notice that I usually miss?

10

Make Something Slow

Cook, bake, or brew something the long way. Where did my mind go while my hands were busy?

11

The Old Hobby

What did I love doing before the feed? What would it take to pick it up again this week?

12

Twenty Paper Pages

Read twenty pages of a physical book. When did my attention settle in?

13

A Voice, Not a Text

Call someone instead of messaging them. What happened in the conversation that text would have flattened?

14

Two Weeks Down

Which replacement felt least like a replacement — and most like the real thing?

WEEK TWO IN REVIEW

Days 15–21

Halfway. The novelty has worn off and the quiet is just quiet now. This week practices the harder skills: solitude, single attention, and sitting with the urge.

15

An Hour of Solitude

Spend one hour with no input at all — no audio, no pages, no screens. What showed up?

16

One Thing at a Time

Do one ordinary chore with full attention, start to finish. What changed about the chore?

17

Wait Ten Minutes

When the urge to check arrives today, wait ten minutes before acting. Did the urge survive the wait?

18

Leave an Object Behind

Make something with your hands today, however small. What exists tonight that didn't this morning?

19

Unreachable

Be genuinely unreachable for an afternoon. What did I worry would happen? What actually happened?

20

What I No Longer Miss

Which app or habit from my paused list have I stopped thinking about entirely?

21

Three Weeks Down

Where does my attention go now, when it's free to go anywhere?

WEEK THREE IN REVIEW

Days 22–28

The last full week turns outward — toward people, places, and the shape of an ordinary day you'd actually choose.

22 Plan the Outing

Plan one fully phone-free outing for this week. Where, with whom, and what will I bring instead?

23 A Third Place

Spend an hour in a library, café, or park without a screen. How did the time pass differently?

24 Share the Quiet

Invite someone into an analog evening — a meal, a game, a walk. What did their company replace?

25 Write a Letter

Write a real letter to someone who matters. What did I say on paper that I'd never have typed?

26 The Ideal Ordinary Day

Sketch my ideal ordinary Tuesday — not a vacation, just a good plain day. How much of it involves a screen?

27 Follow the Value

Which of my values got the most of my attention this month? Which got the least?

28 Four Weeks Down

If a friend asked whether this month was worth it, what would I honestly tell them?

WEEK FOUR IN REVIEW

The Reintroduction Worksheet

Nothing returns by default. For each technology you paused, a tool earns its way back only if it clearly serves something you value, it's the *best* way to serve that value, and you can say exactly how you'll use it.

TECHNOLOGY	WHAT VALUE DOES IT SERVE?	IS IT THE BEST WAY TO SERVE IT?	MY RULE FOR USING IT (WHEN, WHERE, HOW OFTEN)

STAYING OUT

Anything that doesn't pass all three tests stays out — not as punishment, but because the month just proved you didn't need it. Leave the space for what you rediscovered.

DAY 30 — WHAT I'M KEEPING FROM THIS MONTH, TECHNOLOGY ASIDE

The Declutter Was Only the Beginning

A digital declutter isn't something you complete once — it's a relationship with your tools that you keep choosing. These free companions help the month's gains hold:

Keep the surfaces clear — the printable digital declutter checklist covers your phone, files, photos, and inbox in one sweep.

Protect your evenings — the 7-Day Analog Evening Reset rebuilds the last two hours of the day, one tactile ritual at a time.

Track what replaced the scroll — the reusable habit tracker templates keep your new analog habits visible, month after month.

Read the philosophy — why we frame this as "analog-ing on," not deprivation, at www.quiesora.com/philosophy/



q u i e s o r a

Reclaiming quiet presence in a hyper-connected world.