



A GENTLE DIGITAL DETOX CHALLENGE

The 7-Day Analog Evening Reset

Reclaim the last two hours of your day — one small, tactile ritual at a time. A guide, journal prompts, and a nightly tracker.

Why Evenings First

Most digital detox plans fail because they subtract without replacing. You put the phone down and immediately feel the void — boredom, restlessness, the itch to check. This reset works differently: each evening for seven nights, you *add* one small analog ritual to fill the space the screen used to occupy.

Evenings are the highest-leverage place to start. The hours before bed are when doomscrolling does its worst damage — to your sleep, your mood the next morning, and your sense that the day belonged to you. They are also the easiest hours to change, because nothing at work depends on them.

How This Works

- 1. One ritual per night.** Each day adds a single practice. Keep yesterday's going if it served you; let it go if it didn't. Nothing here is homework.
- 2. Add before you subtract.** You don't have to lock the phone away. Put something better in your hands first — the screen loses its grip on its own.
- 3. No guilt, no streaks.** If you scroll one night, nothing is broken. Print the tracker, mark what you did, and begin again the next evening.

WHAT YOU'LL NEED

A notebook or a few sheets of paper · a pen · a paperback you've been meaning to read · a mug of something warm. That's all. Borrow before you buy.

Days 1–4

1

Notice the Reach

Change nothing tonight. Just keep a sheet of paper nearby and make a tally mark every time you reach for your phone after dinner. Note what you were feeling — bored, anxious, tired, avoiding something. Awareness is the first quiet act.

PROMPT *What was I actually looking for each time I picked it up?*

2

Give the Phone a Bedtime

Pick a time — even just thirty minutes before yours — when the phone goes to "bed" somewhere outside arm's reach: a drawer, a shelf, another room. It charges there overnight. You are not giving anything up; you're giving the device a place that isn't next to your head.

PROMPT *What did the last half hour before sleep feel like without the feed?*

3

Light a Different Signal

When the evening starts, dim the overhead lights and switch to a lamp or candle. Light is how your nervous system knows the day is ending. Tonight's ritual takes ten seconds and changes the texture of the whole evening.

PROMPT *When did my body actually start feeling tired tonight?*

4

Put Paper in Your Hands

Read ten pages of a physical book, or write half a page in a notebook — what happened today, what you're putting down, what can wait until morning. The point isn't literature. The point is that your hands are full of something that doesn't refresh.

PROMPT *What is one thought I'd like to leave on the page instead of carrying to bed?*

Days 5–7

5

Make the Warm Thing

Tea, cocoa, warm milk — anything that takes five unhurried minutes to prepare and ten to drink. Pair it with yesterday's book or notebook. You are building a small ceremony that tells the day it's allowed to end.

PROMPT *What would make this corner of the evening feel like mine?*

6

Take the Evening Outside

A ten-minute walk after dinner, phone left at home or zipped away. Notice five things you'd never see on a screen: the light, a neighbor's window, the temperature on your skin. If walking isn't possible, sit by an open window and do the same.

PROMPT *What did I notice tonight that I would have scrolled past?*

7

Design Your Default Evening

Look back at your week. Which rituals felt like a gain rather than a chore? Choose two or three and write them into a simple order — your default evening. Not a rule, a rhythm. This is what you return to whenever the scroll creeps back.

PROMPT *Which two rituals am I keeping, and where in the evening do they live?*

After the Seven Nights

You haven't finished a challenge — you've built scaffolding. Keep the tracker going for another week if it helps, or let the rituals stand on their own. When an evening goes sideways, don't restart from Day 1. Just light the lamp and pick up the book. The rhythm is always one small ritual away.

The Nightly Tracker

Each evening, check off what you practiced and leave one honest line about how the night felt. No streaks, no scores — just a quiet record of the week.

NIGHT	TONIGHT'S RITUAL	DONE	PHONE TO BED AT	HOW THE EVENING FELT
1	Notice the reach (tally sheet)			
2	Phone gets a bedtime			
3	Dim the lights / lamp or candle			
4	Ten pages or half a page			
5	The warm thing			
6	Evening walk, phone at home			
7	Write my default evening			

MY DEFAULT EVENING (FROM DAY 7)

The Evening Was Only the Doorway

If this week gave you back even one calm hour, the same approach — add the tactile thing first, let the screen fade on its own — works everywhere else the noise lives.

Reclaim your mornings — the analog morning routine blueprint pairs with this guide, plus a 30-day habit tracker.

Clear the digital clutter — our printable digital declutter checklist walks your phone, files, photos, and inbox.

Take the full 7-Day Analog Reset — the complete week-long curriculum at www.quiesora.com/start-here/

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



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Reclaiming quiet presence in a hyper-connected world.