

8 WEEK NO ELECTRONICS CHALLENGE

September 27, 2021 by Cindy Olejar



Each week there will be a challenge for you to not use certain electronics, which can include but is not limited to cell phone, computer, television, iPad, video games, etc.

The purpose of this challenge is to bring to your awareness your behavior patterns, intentions, and emotional, mental, physical, such as nervous system, digestion, cardiovascular, respiratory wellbeing and more from using certain electronics.

Tips to prepare for this challenge:

- Create a list of electronics that you will be consistently not using in this challenge. My suggestions are cell phone, computer, iPad, video games, and anything that utilizes social media.

- Let people know you are doing this challenge so they know you may not have the same time respond like you used to with them in case they are used to you getting back to them quickly or by a certain time.

- Let people know you are doing this challenge and a protocol for how to get ahold of you in case of an emergency and be clear what an emergency entails for you.

- If able to you can have a landline number to give out to certain people for emergency use only.

- You can create an automatic message via email, text, voice message and other mediums to let people know you are doing this challenge, what may change for you and

them and how to get a hold of you in case of emergency and what an emergency entails.

Week 1:

This week pick a 3 hour consecutive time period in the day for at least two days this week where you do not use any electronics, including but not limited to cell phone, computer, tv, video games, etc.

What happened for you?

Week 2:

This week pick one day where you do not use electronics for 6 consecutive hours in the day and continue to have two other days where you do not use electronics for 3 consecutive hours.

What are you doing instead of using electronics?

Week 3:

This week do not use any electronics for at least one hour after you wake up as well as continue to pick a 3 hour consecutive time period in the day now for at least four days this week where you do not use any electronics.

What have you been experiencing and discovering?

Week 4:

This week do not use any electronics for at least one hour after you wake up each day as well as pick a 6 hour consecutive time period in the day for one day this week as well as continue with four days this week with a 3 hour consecutive time period in the day where you do not use any electronics.

What are you discovering?

Week 5:

This week do not use any electronics for at least one hour after you wake up each day and 2 hours before you go to bed each night as well as continue with four days this week with a 3 hour consecutive time period in the day where you do not use any electronics.

What are you discovering?

Week 6:

This week in addition to not using any electronics one hour after you wake up, 2 hours before you go to bed and four

days with a 3 hour consecutive time period of no electronics also find a time where you do not use any electronics for 24 consecutive hours, so part of this 24 hour time will be when you are sleeping.

What are you discovering?

Week 7:

This week do the same as week 6 and take time to reflect what you are noticing so far about your thoughts, your energy, your body, and anything else. What is different and the same? What feels better or worse? What could you implement as a lifestyle with your relationship to electronics?

Week 8:

This week in addition to not using any electronics one hour after you wake up, 2 hours before you go to bed and four days with a 3 hour consecutive time period of no electronics also find a time day where you do not use any electronics for 72 consecutive hours, so part of this 72 hour time will be when you are sleeping.

You can create this as a fun retreat and if others in your family or household want to join in great, or you can go somewhere to do it as well.

One thing I recommend is to also do this in your main place of living as this can reveal to you more patterns in your nervous system, thoughts, mind and body.

What did you gain from this challenge?

What did you learn from this challenge?

What did you lose from this challenge?

Bonus Challenge:

Go for 5 days with no electronics.

Extra Bonus Challenge

Go for 7 days with no electronics.

If you have any questions you can comment below or email me at presentforpeace@gmail.com.