Week 3: Realign

Objective: This week, we're focusing on realignment—a chance to reflect on your digital life and recalibrate your goals. By now, you've reduced distractions and restructured your use of technology. Realignment is about taking the next step: aligning your digital habits with your vision for the future.

The Present

Evaluating your current situation is crucial as you plan for the future. Consider these three questions to help you reflect on your current digital practices and determine the future actions you want to take:

What digital services or tools bring the most value to my life?

Which apps, tools, or habits feel more like distractions than assets?

Is my current work aligned with the digital life I envision for my future?

The Near & Long Term Future

These upcoming questions will assist you in evaluating the actions you plan to take in the near and long term future on your digital minimalism journey. Strive to delve deeply to uncover the root causes of your current situation.

How many digital services do I want to quit this year?

Are there any relationships in my life that influence my digital habits positively or negatively?

How many services or tools am I intentionally signing up for? How many do I actually want in my life?

What does my ideal digital life look like in 5, 10, or 15 years? How digitally engaged do I want to be?

Time To Think

After reviewing the questions above, take some time to reflect on other areas where you want to improve. In today's world, there are countless distractions and new technologies emerging every minute. You don't have to engage with all of them. Instead, start developing a plan to discuss these matters with your loved ones and gradually foster more human connections. Join clubs, spend quality time with others, and actively participate in your community.

Extra Resources

Here is a list of organizations that are actively working in workplaces and communities around the world to create more offline and human-centric environments.

Center for Humane Technology

The Offline Club

SCREEN SANITY

LET GROW

ITAA