

The Radical Act of Unplugging

(Rest & Renewal Worksheet)

In a world that constantly demands your attention, the act of unplugging is not avoidance but healing. This worksheet invites you to reflect on your relationship with technology, quiet, and rest. Take a gentle pause and rediscover calm in stillness.

When was the last time you felt truly disconnected from the digital world? What did that feel like?

What emotions arise when you imagine turning off your phone or computer for a full day?

In what ways does constant connectivity drain your energy or creativity?

List three small ways you could create moments of stillness during your week.

How can you remind yourself that your worth is not tied to productivity or availability?

What would a restful, unplugged day look like for you? Write it out as if you're living it right now.

Unplugging is an act of reclaiming your peace. It reminds you that the world can wait while you reconnect with yourself.