

ANALOG CHECKLIST

APP USAGE:

Commit to a daily time limit: _____

HABIT SWAPS:

find the good in the your phone

- Make more phone calls
- Text more meaningful messages
- Listen to podcasts
- Try a faith-based app for meditation, reflection and prayer *I like HallowApp!*
- Take more photos, videos, memories...
- Listen to good music

PHYSICAL SWAPS:

You still need to keep your hands busy...

- Spend more time preparing meals
- Clean out a junk drawer
- Workout
- Build something with your kid
- Pray the rosary
- Braid someone's hair
- Bake something new
- Do a load of dishes by hand
- Learn a new creative skill

FILL AN ANALOG BAG:

Ready-to-use items at arms reach

- Notebook + writing tools
For lists, journaling, doodling, sketching, prayers...
- Painting supplies
- Crafting supplies
- Knitting supplies
- A couple book options *Try reverse or monotone colouring book*
- Playing cards
- Healthy snacks
- Adult colouring book
- Sudoku book
- Solitaire scrabble *Uses dice letters*

What else will you try...
