

# Digital Detox Challenge Group Check-In

Dear Team,

As we progress through our Digital Detox Challenge, it's important to take a moment to reflect on our experiences so far. Here are a few questions to consider:

- How have you felt without constant digital distractions?
- What challenges have you faced during this detox?
- Have you discovered any new activities or hobbies?
- What positive changes have you noticed in your daily life?

Please reply to this email with your updates by the end of the week. Let's support each other and share our journeys!

Best Regards,

The Digital Detox Challenge Team