

HOW TO PREPARE FOR TECH SHABBAT

Creating your dream day

Ideas from the national bestselling
book by Tiffany Shlain *24/6: Giving Up
Screens One Day a Week To Get
Back More Time, Creativity & Connection*

THE WEEK LEADING UP TO TECH SHABBAT



Part of the beauty of Shabbat is that it's a full day *off*. Pick a weekend that works to start, and put it in your calendar for four weeks in a row—a full day, Friday sundown to Saturday sundown. Call it “Shabbating” or “Tech Shabbating.” Great rituals and habits get instilled by doing them regularly.



Think of all the things that would make your day a dream day. Tech Shabbat isn't about *taking away* screens; it's about *filling* a day with the people and things that bring you joy. So ask yourself (and anyone who's joining you): What are 3 things you wish you did more of (that don't involve screens)? Write them down on a piece of paper.



Let people know you'll be offline for the day. It helps to hold you accountable, and your friends and family will support you. They may even want to join.

FRIDAY AFTERNOON

- 1** Start a pile of fun things you could do Saturday: games, instruments, books, crafts, art, a cookbook, or anything else from your list.
- 2** Print out or write down phone numbers (key friends, family, emergency) or other information you typically look up on your phone (good to have for many reasons).
- 3** At sunset Friday, put all your portable screens (laptops, phones, tablets) in one place, preferably out of view. You can put a nice cloth over them. Out of sight, out of mind.
- 4** **Enjoy your Shabbat meal, your screenless sleep, and your Saturday dream day.** Look to your list of favorite activities to guide you. Listen to music. Play games. Cook. Go for walks. Talk. Nap. Visit. Or just do nothing and enjoy a day off. The key is to fill those twenty-four hours with things you love.
- 5** At sunset on Saturday, the screens can come back on. You'll be rested and refreshed and you'll appreciate technology all over again.



OPTIONAL



Get a landline. You can get one for as little as \$10 a month. But don't let this stop you. You can always get one later.



If you like to know what time it is, get a watch or a clock.

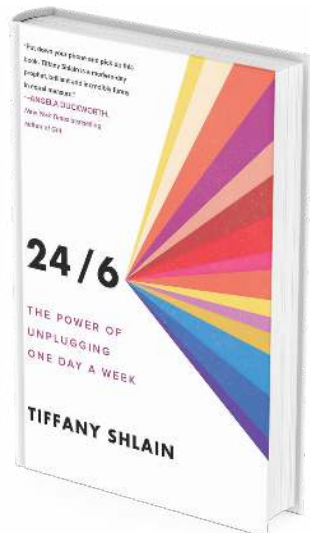


Find a camera that's not a phone. It's great that Polaroids are coming back. But also, Tech Shabbat is the one day that is not about documenting every moment, and it's quite liberating to just let the memories be just that: memories. Even with no photos.

TURNING ONE DREAM DAY INTO A RITUAL THAT KEEPS GIVING

Great rituals and habits get instilled by doing them regularly. The benefits of unplugging one day a week get deeper and deeper with time. Starting with 4 weeks in a row is a sweet spot. Science shows the practice will take shape, and the ritual will stick. So mark your calendar for four weeks in a row. Invite friends and family to join. And see what happens. :)

Find more films, resources, and the book *24/6: Giving Up Screens One Day a Week To Get Back More Time, Creativity & Connection* [here](#).



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