

# Distraction Detox Tracker (7-Day Reset)

Track your digital and mental distractions daily and regain your focus.

## Step 1: Choose Your Daily Detox Targets

- ☐ Turn off all app notifications
- ☐ Avoid social media until noon
- ☐ No emails before 10 AM
- ☐ Silence phone during focus time
- ☐ No phone 1 hour before bed

## Step 2: Daily Tracker (Circle each day you succeed)

- ☐ Monday ☐
- ☐ Tuesday ☐
- ☐ Wednesday ☐
- ☐ Thursday ☐
- ☐ Friday ☐
- ☐ Saturday ☐
- ☐ Sunday ☐

## Step 3: Notes & Observations

- ☐ How did I feel during detox time?
- ☐ What was hardest to give up?
- ☐ What surprised me about my focus or energy?

# Anti-Burnout Life Vision Worksheet

Use this space to reconnect with your purpose and realign your energy.

## 1. My NOW Focus

- ☐ What is draining me right now?
- ☐ What ONE thing would help me breathe again?

## 2. My NEXT Goal (30–60 Days)

- ☐ What small win would feel like progress?
- ☐ What is one action step I can take this week?

## 3. My LEGACY Vision

- ☐ What kind of life do I want long-term?
- ☐ What values or purpose do I want to build around?

# Daily Burnout Recovery Planner

Use this daily planner to stay aligned, energized, and focused.

## Morning Reset

- ☐ Gratitude (3 things) \_\_\_\_\_
- ☐ Focus mantra for today: \_\_\_\_\_
- ☐ Movement (walk/stretch/etc): \_\_\_\_\_

## Midday Momentum

- ☐ My #1 Priority Today: \_\_\_\_\_
- ☐ What will I say NO to today? \_\_\_\_\_
- ☐ Joy Break (what I'll do): \_\_\_\_\_

## Evening Reset

- ☐ 1 Win I'm celebrating: \_\_\_\_\_
- ☐ 1 thing I'll release: \_\_\_\_\_
- ☐ Sleep time goal: \_\_\_\_\_