

### Week 3 Practice

First, breathing. Then, rest. Now, this week, we are going to focus on one of the biggest barriers to both. We need to slow down and settle into life, like a good paperback book. We need to ruthlessly eliminate informational clutter from our inboxes and obligational clutter from our schedules. We need to start making intentional, thoughtful decisions about what gets in and what we lock out. This week, consider eliminating the digital clutter from your life. Choose one or more of the following activities to engage in this week.

1. *Every time you receive an email, ask yourself if it is essential for your presence and wholeness, and then unsubscribe from the mailing list if it does not pass that test. (Yes, even mine.)*

2. *Choose one social media platform to engage with. Deactivate all other social media accounts.*

3. *QWERTY like it's 1999. What I mean by that is, for a week, use your technology as you did in 1999. This might mean using your mobile devices for voice calls only, sending emails and texts from a desktop computer only, or discontinuing use of social media for an entire week.*

4. *Discontinue your consumption of news. Use your free time to cultivate an activity you once enjoyed before your use of technology replaced it.*

5. *Make a list of activities you do because you should, not because you want to. Consider discontinuing some or all of them. (Nice try; exercise doesn't count.)*