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LOOKUP

better
life is [↙]offline
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7- DAY GRATITUDE & UNPLUG CHALLENGE

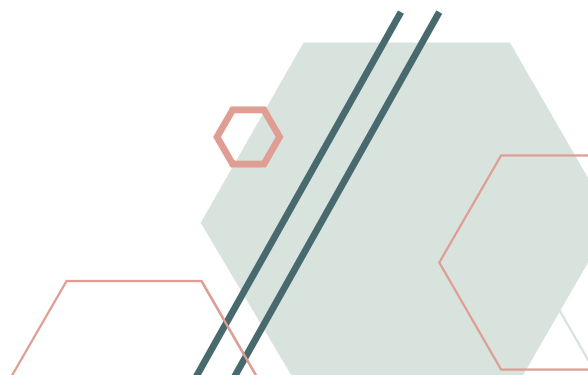
Small Actions. Big Heart Shifts.

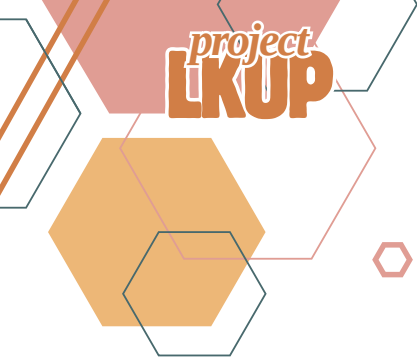
How It Works:

Each day for the next 7 days, complete one simple action to unplug from the noise and reconnect with what matters most.

You can do this as a family, or individually — no perfection needed, just presence.

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DAILY CHALLENGES

Day 1: No Screens at Dinner

Day 2: Name 3 Things You're Grateful For

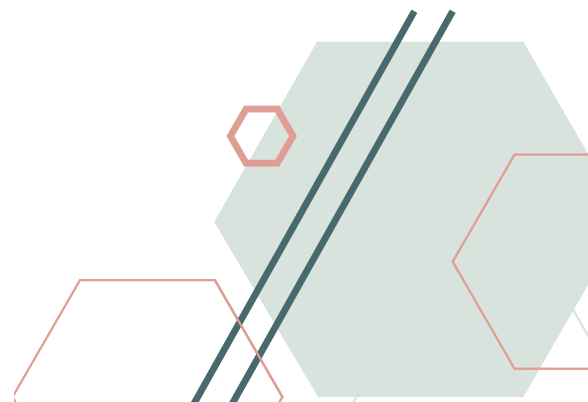
Day 3: Go Outside Without Your Phone For 20 Minutes

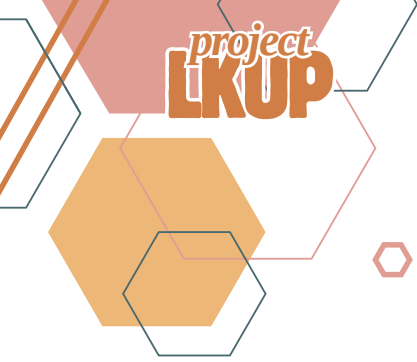
Day 4: Say Thank You

Day 5: Do A Screen-Free Hobby

Day 6: Take a 30-Minute Device Break As A Family

Day 7: Gratitude Reflection Walk





DAILY CHALLENGES

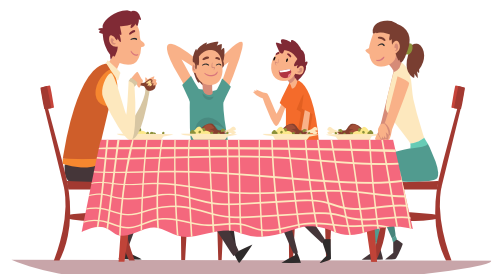
Day 1: No Screens at Dinner

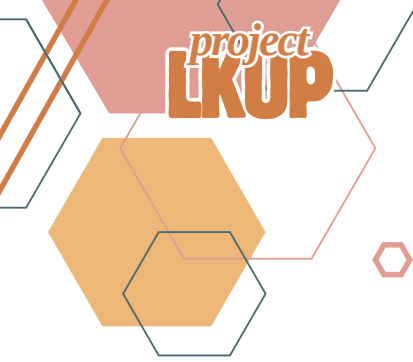
Sit down together. Talk, laugh, or just share your highs and lows of the day – no phones allowed.



Did you know? Family meals without screens are linked to better mental health, stronger relationships, and higher self-esteem in kids and teens.

Moving Forward: This is a great boundary for families. Would your family benefit from doing this every dinner (or meal) gathering?





DAILY CHALLENGES

Day 2: Name 3 Things You're Grateful For

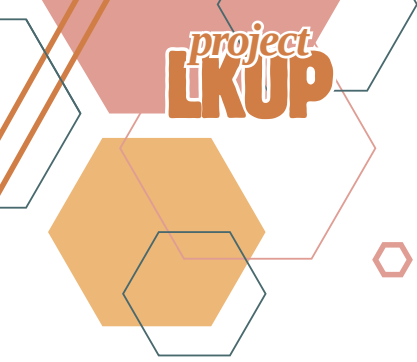
Before bed, everyone names (or writes down) three things they're thankful for – big or small.



Did you know? practicing gratitude daily helps you sleep better!

Moving Forward: This is such a beautiful way for families to connect and share appreciation. When we put focus on positives in our lives, it can help us get through tough times.

GRATEFUL



DAILY CHALLENGES

Day 3: Go Outside Without Your Phone for 20 Minutes

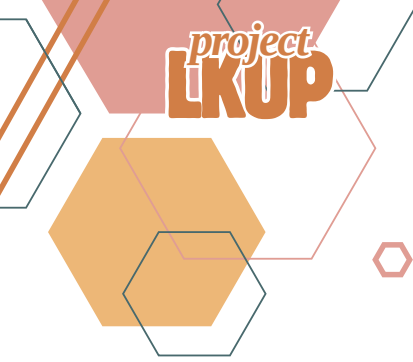
Spend at least 20 minutes outside, completely unplugged.



Did you know? Being in nature without distractions creates space for our minds to rest. These small experiences reset the nervous system, improve mood, and offer clarity.

Moving Forward: Fresh air, sunlight on your face, the sound of birds, your feet moving beneath you-- Could you build this into your weekly or even daily rhythm?

Let's go outside



DAILY CHALLENGES

Day 4: Say Thank You

Write a simple thank you letter, text, or card to someone who has made a difference in your life.



Did you know? Expressing thanks – especially in writing – increases happiness and reduces stress for both the giver ***and*** the receiver.

Moving Forward: Who else in your life could use a little encouragement or acknowledgment?

Keep a few blank cards handy so saying thank you becomes a habit.



DAILY CHALLENGES

Day 5: Do A Screen Free Hobby

Read, draw, build, cook, dance, try something new! – anything that fills you up without a screen!



Did you know? Engaging in hands-on hobbies reduces cortisol (stress hormone) and increases serotonin—linked to happiness and emotional balance. Screen-free hobbies activate the brain’s “flow state,” which improves focus, creativity, and overall well-being.

Moving Forward: What hobby makes you feel most like yourself? Try to carve out a little time each week to create, explore, or play – no notifications required.



DAILY CHALLENGES

Day 6: Do A 30-Minute Device Break Together

Pick a time today where everyone in the house unplugs at the same time.

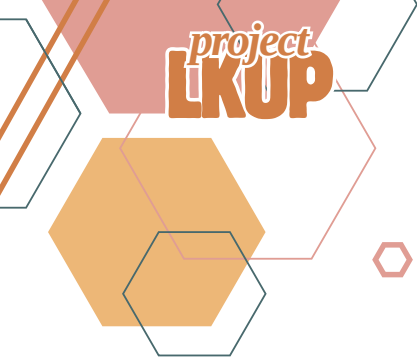
*Bonus: Leave phones charging in a different room.



Did you know? Families who take intentional tech breaks report more laughter and better conversations during times without devices.

Moving Forward: Pick a small daily moment to unplug together — after dinner, right before bed, or during the drive to school. These tiny pockets of presence add up and help build a family culture of connection over distraction.





DAILY CHALLENGES

Day 7: Gratitude Reflection Walk

Take a short walk (even around the block) and think about all the people, experiences, and simple things you're grateful for.



Did you know? Walking outdoors boosts endorphins and reduces anxiety, but combining walking with gratitude multiplies the effect.

Moving Forward: Consider making a gratitude walk part of your weekly routine. It doesn't have to be long – just enough time to notice something good and breathe deeply.





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CONGRATULATIONS!

When you finish all 7 days, celebrate with a screen-free family treat —
like a game night, outdoor picnic, or movie night (but tech-free until the movie starts! 😊)

By creating boundaries with our devices, we make space for clarity, calm, and connection.

*Gratitude isn't found in a scroll.
It's found in the moments we look up.*
Challenge Complete!

