



LESS SCREEN TIME, MORE facetime

Join us for a 31 Day challenge of putting down our phones so we can physically AND mentally be with the people around us.

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monthly message from bestie Dani

This month's theme introduced

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calendar of challenges

1 challenge every day to achieve our goal putting our devices down & connecting with those we love

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grand prize information

Challenges are always fun, but prizes always add in a little motivation!

4

daily reminder

Print this quote out as a daily reminder of why you're doing this challenge!

hey bestie!

I have been WAITING for our July Challenge to get here and it is finally time! I am so excited to introduce our upcoming 31-Day "LESS SCREEN TIME, MORE FACE TIME" Challenge - starting July 1st! This challenge is an opportunity for each of us to put down our phones and to really focus on what matters most this Summer - which is the PEOPLE around us.

Whether it is your family members, friends, neighbors or co-workers: the goal over the next month is to BE THE LIGHT by focusing on quality time and being fully present.

You can take on the challenge however you'd like! As long as you put your phone away for at least 20 minutes every day - you have completed the task! If you are home, the goal will be to put it in another room so it isn't a temptation + if you are out and about, the goal will be to put it in a bag or purse and not touch it!!

Your daily tasks will vary, as we all have different responsibilities and lives - but our outcomes and goals are the same.

More time. More memories. More face-to-face interactions. More happiness. More laughs. More conversations.
More **CONNECTIONS!**

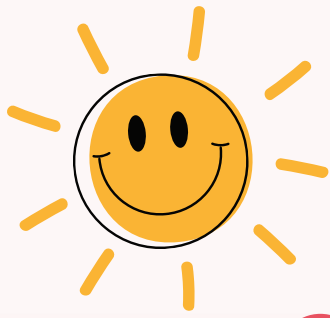
If you ever need an idea on what to do for the 20 minutes that day, we have attached a calendar to guide you through with a daily prompt! Like I said, this is just a guide and you can of course do whatever you want to do to show that you are fully present with those that are with you every day!

Now, you are probably wondering - well if I am off my phone, how do I take a picture? Take a picture AFTER the 20 minutes is up! Once you have completed the task, take a picture and post it in the circle.

I am genuinely excited be on this journey with you and I know for a fact, that this practice can change our lives. We live in a digital world where everything is always at our fingertips and in our faces - and I am ready to let that go this month together! I know throughout this challenge, we will feel LIGHTER and BRIGHTER and HAPPIER because of the connections we will make.

love you!!!

xoxo Dani



July

LESS SCREEN TIME,
MORE
facetime



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Share a 20-minute conversation with a loved one.	2 Write a quick note of appreciation for someone.	3 Enjoy a device-free meal or snack with someone.	4 Take a short walk together, leaving phones at home.	5 Read a book to a child.	6 Call a friend or family member for a 20-minute chat.
7 Play a game without a device nearby.	8 Listen to someone's day without interrupting.	9 Cook a simple meal or snack together.	10 Do a puzzle with a loved one.	11 Watch a movie or episode together & discuss it.	12 Share three things you appreciate about someone.	13 Do a hobby together for 20 minutes.
14 Plan a small surprise for someone special.	15 Go for a bike ride with someone you love.	16 Do a random act of kindness for someone.	17 Spend 20 minutes outdoors together.	18 Discuss dreams and goals for 20 minutes.	19 Help someone with a small task or chore.	20 Go on a picnic & don't touch your phone for 20 minutes.
21 Cuddle on the couch.	22 Go for a scenic drive.	23 Hop in the car and grab a treat.	24 Share a favorite song & sing together.	25 Make a small craft or project.	26 Relax in the backyard together & enjoy being outside.	27 Spend 20 minutes doing the laundry together.
28 Have someone show you something they love to do.	29 Spend 20 minutes stargazing or watching the sunset.	30 Be a good listener & ask questions about their day.	31 Share your challenge experiences with loved ones.			

Join Us For A **31 Day Challenge** of putting down your phones so we can physically **AND** mentally be with the people around us.

For 31 Days, spend at least 20 minutes every day without your phone. Put it in another room if you are home or in a bag or purse if you are out & about-and **DO NOT TOUCH IT**. The goal is to spend more **QUALITY** time with the people that are in front of you-no matter who that might be. Scroll less...**LIVE** more.

You can do this however you'd like & do whatever activities you decide to do, but if you need daily ideas we have created this calendar for you.





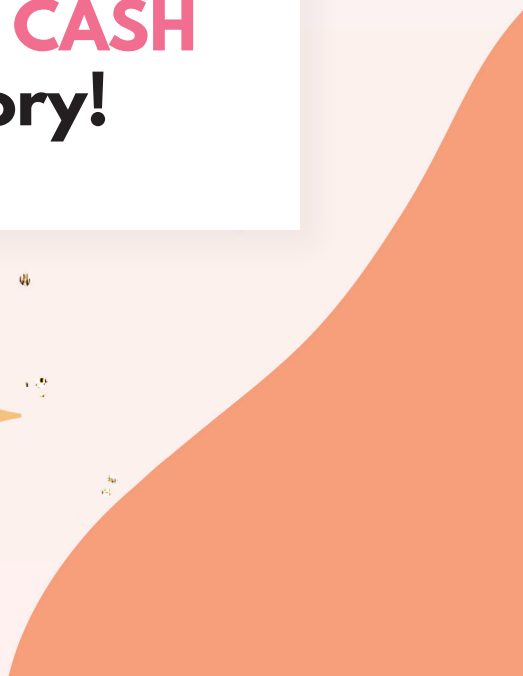
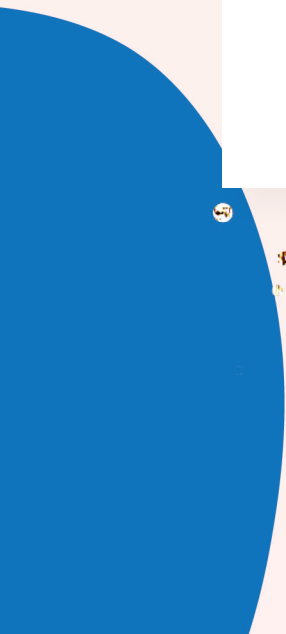
GRAND PRIZE



participate in the
LESS SCREEN TIME,
MORE
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challenge for a chance to win!
Winner will receive **\$200 CASH**
to go & make a memory!



A pink background with several white, multi-pointed starburst shapes scattered across the top half of the page.

Time is free,
but it's priceless.

You can't own it,
but you can use it.

You can't keep it,
but you can spend it.
Once you've lost it
you can never get it back.

—Harvey MacKay

A decorative graphic at the bottom of the page featuring a multi-colored rainbow with bands of orange, pink, yellow, and blue. Numerous white starburst shapes are scattered across the rainbow and the background below it.

