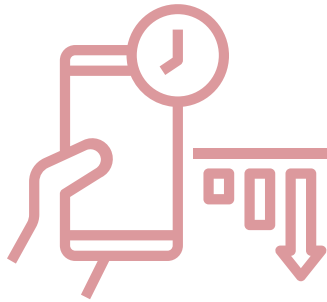


# 30 Day Digital Detox Plan

How to Use AI to Break Free from Digital Overload



In today's always-connected world, screen time can easily spiral out of control, leading to distraction, stress, and reduced focus. A digital detox doesn't mean giving up technology—it means using it more intentionally. This 30-day plan helps you set healthier boundaries while still benefiting from AI and other digital tools in a mindful way.

## The Problem

Too much screen time can lead to stress, reduced focus, poor sleep, and constant distractions. While technology—especially AI—can be a powerful tool, it's easy to fall into overuse patterns. Many people want to take control of their digital habits but don't know where to start.

## The AI Solution

Use AI as a guide to create a personalized 30-day digital detox that helps reduce unnecessary screen time while keeping the benefits of technology. ChatGPT can generate a structured, step-by-step plan tailored to your lifestyle and goals.

## Try This Prompt

**Using ChatGPT, Claude or another AI writing assistant, copy and paste this prompt into a new chat to get your 30-day Plan:**

*"You are a digital wellness coach and AI productivity assistant. Your role is to help me create a balanced relationship with technology by designing a 30-day digital detox plan.*

- The plan should include small, daily challenges that help me gradually reduce unnecessary screen time while maintaining the benefits of AI for learning and productivity.*
- Each step should be practical, achievable, and flexible so I can adapt it to my routine.*
- Provide guidance on how to track progress and adjust the plan based on my needs."*

**Want hands-on practice using ChatGPT to plan your trip?** Join the AI ADVANTAGE 1-hour workshop, where I'll show you how to craft the best prompts to get help with everyday tasks and issues. Register here.



<https://aiadvantage.cc> | [carol@aiadvantage.cc](mailto:carol@aiadvantage.cc)  
**Making AI Accessible, Understandable and Useful**