

The Attention Project

Please follow the following directions as closely as possible.

(The brief writing exercise each day is important!)

If you do miss a day, thought, just jump back in and keep going

Questions? htc@providence.edu

Name: _____

Week One: Unplugging + Writing

Each day this week, you should make time for two practices:

1. Set aside one hour with no electronic devices, including your phone. You can do whatever you want during this time (as long as you are awake!), but you should not have any electronic input (laptop, phone, TV, etc.) You may listen to music, if you can do it without an electronic device (e.g. radios and record players are OK). This should not be during a time when you are unable to access electronics anyway; e.g., when you are in class.
2. You should then (right away, if possible, but sometime before the day is over) spend at least three minutes writing, describing this experience of being “unplugged.” There are no “right answers.” Feel free to write **anything** that comes to mind as you reflect. On Saturday (a minimum of five minutes), spend a little longer writing as you reflect on the whole week. Possible topics for reflection: What has been hard about this? What has been good? Any surprises?

Sunday

Unplugged for one hour (check) _____

Writing:
