

Digital Reset Routine

THE ULTIMATE CHECK LIST

- DELETE UNUSED APPS & FILES
- ORGANIZE REMAINING APPS & FILES
- CLOSE ANY APPS, WINDOWS, & TABS NOT IN USE
- INSTALL SYSTEM UPDATES
- EMPTY EMAIL INBOX
- ORGANIZE BOOKMARKS
- UNFOLLOW ACCOUNTS ON SOCIAL MEDIA
- UPDATE SOCIAL MEDIA ACCOUNT SETTINGS
- ORGANIZE/SET UP DIGITAL TASK MANAGEMENT SYSTEM
- CHANGE YOUR WALLPAPERS
- CUSTOMIZE YOUR APP ICONS
- CHANGE YOUR CASES
- CHANGE YOUR BROWSER THEME
- WIPE DOWN DEVICE EXTERIOR
- SET INTENTIONS FOR HEALTHY DIGITAL HABITS

NOTES
