



I Pledge a Week to

DIGITAL DETOXIFICATION

In recognition of the huge cultural shift caused by technology, and the willingness to embrace a full week away from my normal digital habits, I am participating in Digital Detoxification with Austin Adventures.

For the duration of my trip, I am committing to refrain from:

- Any and all use of my cell phone, tablet, laptop, or other electronic devices*
- Discussing daily issues including:
 - Politics & World Affairs
 - Work
 - Religion
 - The Economy
 - Immigration or Healthcare
- Investing any time in media and news (even in hotel rooms), including:
 - Newspapers
 - TV
 - Radio
 - Social Media**

Instead, I choose to invest my time, energy, and focus in truly enjoying the company my friends, family, and new acquaintances.

I will practice being present, living in the moment, exercising gratitude, and working hard at truly de-stressing from my daily life.

I will be ok engaging in true conversation, listening to the silence, and embracing a little boredom, should it occur at any point during my trip.

I'm optimistic about my upcoming experience, am looking forward to the challenges, what I'm about to learn, and the great opportunity to truly detox from my normal digital life.

Agreed to this ____ day of _____, 20 ____

Name: _____

Signed: _____

Welcome!

Dan Austin, President | Austin Adventures

*Austin Adventures guides are fully equipped to handle emergencies. Contact information will be provided for family and friends to get ahold of you if need be. **Additionally, photography will be provided via social media for your convenience.