The Kreative Life

WEEKEND UNPLUG PLANNER

Plan a relaxing, screen-free weekend.





THIS WEEKEND, I WANT TO TRY...

SATURDAY HOBBY: _____

SUNDAY HOBBY: _____

SUPPLIES I NEED

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MY BUDGET

I want to spend:

$ _____

WHO WILL JOIN ME?

- [ ] Just me
- [ ] My partner
- [ ] My kids
- [ ] Friends
- [ ] Other: _____

NOTES & REFLECTIONS

♡ What I'm most looking forward to this weekend:

_____

_____

_____

♡ Why I'm choosing to unplug:

_____

_____

_____

♡ Anything else I want to remember:

_____

_____

_____

WHY I'M UNPLUGGING

This weekend, I choose to...

- ♡ Reduce stress _____
- ♡ Be more present _____
- ♡ Connect with loved ones _____
- ♡ Get creative _____
- ♡ Take care of my mind & body _____
- ♡ Focus on what matters most _____
- ♡ Other: _____



Less scrolling, more living.

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SCREEN-FREE HOBBY BUCKET LIST

Simple ideas. Endless ways to relax.





25 RELAXING SCREEN-FREE HOBBIES TO TRY

Check the ones you want to try!

- [ ] 1. Reading
- [ ] 2. Journaling
- [ ] 3. Puzzles
- [ ] 4. Baking
- [ ] 5. Cooking a new recipe
- [ ] 6. Yoga
- [ ] 7. Meditation
- [ ] 8. Stretching or mobility
- [ ] 9. Walking outdoors
- [ ] 10. Hiking
- [ ] 11. Gardening
- [ ] 12. Birdwatching
- [ ] 13. Playing cards
- [ ] 14. Board games
- [ ] 15. Drawing or sketching
- [ ] 16. Painting
- [ ] 17. Coloring
- [ ] 18. Knitting or crochet
- [ ] 19. Scrapbooking
- [ ] 20. DIY crafts
- [ ] 21. Photography
- [ ] 22. Learning something new
- [ ] 23. Listening to music
- [ ] 24. Writing (stories, poems, etc.)
- [ ] 25. Decluttering a space

MY FAVORITES

My favorite solo hobby: _____

My favorite family / group hobby: _____

My favorite rainy-day hobby: _____

There's no wrong way to unplug. Find what brings you joy!



THIS WEEKEND, I WILL...

- Focus on being present
- Have fun and enjoy the little things
- Take care of my mind and body
- Do something that makes me feel good
- Give myself permission to rest and recharge

SCREEN-FREE CHALLENGE

GOAL: Try _____ new screen-free hobbies this month!

TRACK MY PROGRESS

MY REWARD

When I reach my goal, I will: _____

REFLECTION

What I love most about screen-free time:



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