

105 WAYS TO UNPLUG



ytravel

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TRAVEL IS ADVENTURE.

IT'S DISCOVERY.

It's connecting to what's really important. It's about learning new things. Uncovering new talents and likes. It's about breaking down barriers, stretching comfort levels, and evolution.

It does not necessarily always have to take the form of packing bags, crossing borders or being nomadic.

It's an act and a feeling that can happen in every given moment.

It's about living a full life, being connected to the present moment, experiencing unbridled joy and creating (and sharing) profound memories.

Moments that change who you are and impact the world positively.

We travel to escape the chaos of our lives. The expectations, routines and demands placed upon us that makes us feel like we're constantly jammed into the power point.

We can unplug no matter where we are, on the road or at home, so we can reconnect to what we really love.

Unplugging is not about switching off your devices. I know many people who barely use devices, but are so switched onto living a life designed by everyone else that they're lost, overwhelmed, confused and happy.

I live a life plugged into devices, yet my life is in my control, and I have a freedom, a bliss and a deep connection to life.

We want to help you disconnect from the chaos – the living by the shoulds, musts, and have tos – to embrace your heart centred desires so you can follow and live your bliss.

HOW DO I KNOW WHAT TO UNPLUG FROM?

Think about your life as a whole and the different aspects about it, including the activities and tasks you do in relationship to them i.e. health, relationships, career, finances, aspirations, hobbies etc. We want to help you disconnect from the chaos – the living by the shoulds, musts, and have tos – to embrace your heart centred desires so you can follow and live your bliss.

ASK YOURSELF THE FOLLOWING QUESTIONS:

1. Does it overwhelm me?
2. Do I feel stressed?
3. Is it aligned to my values?
4. Do I really care about it?
5. Is it necessary?
6. How is it raising my life up?
7. Does it bring me love and joy?

The answers will let you know what changes can be made. Unplugging doesn't have to be sudden.

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Here are 105 easy ways to unplug every day. They're connected to simplicity, ease, peace, joy, wonder, awe, love, kindness and gratitude and aligned with the Unplugged Life Manifesto.

Don't try them all at once, you'll only overwhelm yourself. Try one new thing a day, or a week. Allow it to be a habit. Slowly you'll start unwinding, and life will become more organic, carefree and meaningful.

In that unwinding you'll find your bliss and peace and fall in love with living a life that is tuned into YOU and those you really care about.

WE'D LOVE TO BE A PART OF YOUR UNPLUGGING
JOURNEY. PLEASE SHARE WITH US. YOU CAN USE THE
#UNPLUGGEDJOURNEY

Don't feel you need to take pictures while you're in the moment enjoying these either. You can let us know with a simple word update or a photograph later. We'd prefer you to be immersed in the experience of the moment and share with us later.

Or not share at all. The choice belongs to you and your heart.

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1. Take naps
2. Prepare home cooked meals
3. Watch the sunset and be thankful
4. Watch sunrise with expectation
5. Unplug the TV
6. Turn off all negative news
7. Unfollow those who irritate you
8. Practice gratitude
9. Live in alignment with your values
10. Slow down
11. Swing in more hammocks
12. Be in awe of nature
13. Walk daily
14. Ride your bike and squeal going down hills
15. Ditch the car
16. Write a letter to a loved one
17. Cook a three course dinner
18. Get lost in your city
19. Explore a new neighbourhood
20. Create a morning ritual
21. Meditate
22. Do Yoga
23. Take an art class
24. Colour a mandala
25. Read a book
26. Scrapbook your favourite memories
27. Take a bath
28. Journal – consciousness stream
29. People watch
30. Host a party – no gadgets allowed. Take snaps on an old style camera.

31. Volunteer
32. Play board games
33. Detox
34. Take in a new view
35. Earth – that is put your bare feet on the bare ground
36. Camp
37. Meal times are for eating and conversing – no screens or gadgets allowed
38. Schedule daydreaming
39. Sun gaze
40. Plan your next travel adventure
41. Create a bucket list ... and then check them off
42. Say NO more often
43. Say YES only to things that excite you and helps others
44. Smile and connect to a stranger
45. Dedicate time each day to doing something you love
46. Deep belly laughs
47. Dance like no one is watching
48. Listen to your favourite tunes – the ones with beautiful memories attached – and sing like no one is listening
49. Plant and nurture a tree ... or perhaps an entire garden
50. Put your phone into flight mode when you go to sleep
51. Live in sync with circadian rhythms
52. Stay in tune with seasonal living
53. Walk around naked in your private space
54. Read something empowering before you sleep
55. Get a massage
56. Eat slowly and savour the flavours
57. Lie on your back in the sun and make pictures of the clouds
58. Watch the surfers get in the zone
59. Reminisce on the joy often
60. Reduce. Reuse. Recycle
61. Organize your finances
62. Go paperless
63. Organize your paperwork
64. Spend the day without judgement – of self and others
65. Listen deeply
66. Ask questions like a curious scientist
67. Watch your mind and feel curious and amused
68. Listen to the sounds of nature and stay present
69. Turn off artificial heating and cooling. Open the windows, turn on the fans, light a fire

70. Declutter
71. Take a photo of sunrise or sunset in the same place for a week and marvel at how much change happens in something so constant
72. Embrace change – beauty and joy is always at its core
73. Learn something new
74. Attend a concert or play
75. Talk to the elderly. Embrace their stories and wisdom
76. Go indigenous
77. Share your insights, your stories, and your light
78. Be authentic and real always. Your version of yourself is enough.
79. Give gratitude and compliments with a sincere and loving heart
80. Breathe deeply
81. Share books and music with friends
82. Write more using pen and paper
83. Maintain a diary rather than a digital calendar
84. Form a new friendship
85. Let go of old friendships that no longer serve
86. Donate what you don't use or need
87. Shop local
88. Wander through local markets and dig the creativity
89. Go on a road trip
90. Go off road to find something new
91. Look for hidden secrets rather than chase "I was here" moments
92. Trade possessions for moments and memories
93. Donate to causes you believe in
94. Stand up for joy and love
95. Give up gossip and negative, cynical conversations and words
96. Try a new sport
97. Leave work at work
98. Stargaze and reflect on what a small, yet magical part of the Universe you are
99. Live your purpose
100. Take a different route
101. Give a bear hug
102. Absorb the playfulness, curiosity, innocent, humour and wisdom of our children. They will teach you more about life and yourself than most other things
103. Do one thing each day that scares you
104. Worry less about what others think of you
105. Care more about the person staring you back in the mirror. Allow those eyes to shine with integrity, love and hope.

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