

3. Unplugging for an hour here and there during the day is great. But to really recharge, you need to unplug for at least one full day each week. Give your mental batteries time to recharge. Use the weekly calendar forms to block out which day each week your own personal blackout will occur!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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