



UNPLUGGED PLEDGE

I _____, pledge to deactivate my social media accounts for the time period _____ to _____.

In doing so, I choose to use my time more wisely and pursue things that make me a better person, and more present to the people around me, without unnecessary distractions, during these formative years of my life.

I am agreeing to put my energy into the pursuit of the good, true and beautiful things this life has to offer. To focus on my own life and use it for its highest purpose, without the use of a virtual filter. I will spend my time giving people real hugs, face-to-face conversations and real human interaction that is so vital to all.

During this time, I will try to be an example of a human fully alive, engaging the reality set before me, to my friends, peers and others to the best of my ability.

Signature/ Date