

FROM: PAST SELF

MO DEPT. OF TIME TRAVEL

TO: FUTURE SELF

MOBILE OFFICE TIME CAPSULE

Send a snapshot of how your MO began to your future self.

- 1 Fill out your name and screen time
- 2 Find someone new to pair up with
- 3 Interview your buddy & record their answers on the back of *their* card

SCREEN TIME BEFORE:

hrs mins

SCREEN TIME AFTER:

hrs mins

NAME

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What do you anticipate will be your biggest challenge during Month Offline?

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What's a digital habit you're hoping to kick?

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Describe a creative practice or project that you're cultivating.

{•o•}

Name a few IRL sites you want to explore more.



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