**My Tech Free Day**

Today I am going to try a challenge which is "Tech-Free Day". I will try not to use any technological devices; for instance no Phone, no Laptop, no Television. I will start at 00:35 then finish at 00:35 next day. I will also challenge myself because I want to see how much I am addicted to technology. I think we are too dependent on technology and everybody should try this and see the results.I believe that I am not addicted too much but we will see.

**00.35**: Now It's 00:35 and I will start, I am writing on paper, so I am not using any technology. Two minutes ago, I said goodbye to my friends, it's funny but I felt a little bit sad, it was like I am saying goodbye to them forever. I made a plan for today, I am going to do my homework and study Math, Chemistry, and Physics. I am going to read a book and play a little bit of guitar. It doesn't seem hard to spend a day without technology. I think I have enough homework not to be bored but my only concern is if I miss my important WhatsApp messages. I have to use one technological device which is my watch because I have to get up with my daily alarm. I am going to bed, goodbye.

**09.00**: Now it's 9 o'clock, I feel good, I just feel that I have to check my WhatsApp, but I can't, instead of it I am going to do math homework, which seems so hard to finish.

**12.00**: Now It's 12 o'clock and I tried to do my math homework, I couldn't finish it, I got fully bored instead, but I can't watch anything, so I am more bored. It's lunchtime, now I will eat lunch without watching TV.

**13.00**: I ate my lunch without watching TV, my family watched our favorite show, but I couldn't watch it. Now I am planning to read a book.

**15.00**: It's three o'clock and I read a book and then I got bored. Now I am sitting and doing nothing, but I am going to practice Physics and do my homework, which is five pages. I wish I could listen to some music but it's technology too.

**18.00**: It's six o'clock, I did my physics homework, but I was too bored to be concentrated on it. Now I am going to play the guitar and sing songs which is hard without my internet because normally I look at videos from YouTube.

**20.00**: It's dinner time and again I am going to eat my dinner and at the same time, I will try not to look at the television, believe me, it's not an easy task.

I ate my dinner and I have nothing to do, I will solve some math problems from my homework again but, I am too bored to do any homework.

**23.00**: It's eleven o'clock and I have two more hours to stay away from technology. I will just sit and look at my watch.

**00.50**: It's 00:50 and I made it, it was hard and boring but, in the end, I did it. Now I checked my WhatsApp and nobody called me but the strange thing is there weren't too many messages too. After that, I listened to music while I was checking my Instagram and there wasn't anything too.

**Conclusion**:

To be honest, technology is not a harmful thing, the only thing we should do is to learn how to use it effectively. Without technology, I couldn't play the guitar or study my subjects because we must use it, we don't have any other option to choose from. I won't do this challenge never ever again because it's not logical. We are dependent on technology and we need to be because in these years everything we do is on the internet. We learn, get entertained, watch videos from the internet so we become addicted to it, this is not the question we should ask. The question should be, “can we use it effectively?” We shouldn't stop using the internet, what we should do is to learn how to use it for the good of ourselves.

 