Hi all,

In this text I’m going to talk about how my tech free day was. First, I want to start with how I decided to spend a day without technology. As you probably know, I had to do it in order to prepare a project task about a tech free day. So it wasn’t my choice in the first place. Anyway, now let me tell you how it was and what I did.

After I woke up, I got a cup of tea. I was almost looking at my phone, realized the tech free day at the last moment. After a cup of tea I had a traditional Anatolian breakfast. It was a little strange not to look at a screen while having breakfast. It took much less time to finish my breakfast this time. It’s pretty clear why it was like that. Later I decided to go for a walk. I got ready and dressed and took my phone with me just in case. It hasn’t been 12 yet and I was already bored. As it turned out to be a bad day for me as I understood once more I am really addicted to technology. It is almost in every part of my life. After a few minutes of walk I came back home and desperately thought about what to do. Just after it I started to play some riffs with my electric guitar. Later I did a half an hour long home workout. Still there were approximately 7-8 hours to sleep. I did my unfinished homework, read circa 70 pages, took a glance at comics, met with friends, had a conversation with my family but still, there’s no way for me to spend those hours without using technology. I had to give up the challenge there. And here my story ends, it seems even hard to spend a day without technology, can’t imagine how hard it must be to remove it completely from our lives.

**Positive Consequences**

* much more efficient day
* better concentration on daily subjects
* more time spent with family

**Negative Consequences**

* there’s almost nothing to do
* too tedious
* restricted communication with outer home

