

A person is lying on their back in a vast, green, grassy field. They are wearing a black t-shirt, light-colored pants, and brown shoes. Their hands are clasped behind their head, and they appear to be resting or sleeping. In the background, there is a large, rounded green mound, and beyond that, the blue ocean stretches to the horizon under a clear sky. The overall scene is peaceful and serene.

Start Here

**ANALOG
SUNDAY**

THIS IS NOT ABOUT GOING BACKWARD.

Analog Sunday is not nostalgia.
It is not anti-technology.
It is not a rulebook.
It is a choice.

One day a week, we step out of the endless scroll and back into our lives. We draw a line in the sand against the outside world.

We silence the noise long enough to remember who we are, who we love, and to celebrate life to the fullest.

Analog Sunday is about presence, attention, and reclaiming the hours we keep giving away without realizing it.

This is an invitation.
Take it or leave it.
But if you take it, never look back.

WHAT IS ANALOG SUNDAY?

Analog Sunday is a weekly, screen-free rhythm of rest.

One day a week.
No internet.
No social media.
No algorithm.

Not perfectly.
Just intentionally.

It is a pause in the noise.
A reset for the mind, body, and soul.
A return to real life.

Analog Sunday can happen alone or with others. In a home, a park, a neighborhood, or a coffee shop. It looks different for every person and every season.

The only requirement is this:
You choose presence over distraction.
Rest over productivity.

THE HEART

Analog Sunday exists because life
is happening right now.

Not on your phone.
Not later.
Not someday.

It exists for the laughter that
happens when no one is filming.

For the conversations that wander.

For the boredom that turns into
creativity.

For the memories that are lived,
not posted.

This is about protecting something
fragile and sacred.

Your attention.
Your time.

WHY IT MATTERS

We live in a world that
monetizes distraction.

Our time is fragmented,
our attention is sold,
our lives are reduced to
moments we barely remember.

Analog Sunday pushes back.

Not with outrage, but with intention
(and maybe a bit of rebellion).

When we step away from constant input,
something shifts. We slow down, we breathe
deeper, we notice more. We reconnect with
ourselves and the people in front of us.

This is not escape.
It is return.

The Great Reclamation.

WHY IT MATTERS AT HOME

Presence is contagious.

When phones are away, conversations happen.
When screens are silent, games break out.
When time stretches, connection deepens.

Analog Sunday creates space for families to gather, friends to linger, and communities to form without an agenda.

You do not have to force it.
You just have to make room.

A NOTE FOR THE BUILDERS

This page is for the builders.

For the ones who want to build something that lasts. For the ones who believe rest is weakness. For the ones who think Analog Sunday will never fit the schedule.

Analog Sunday is not an escape from ambition. It is a different kind of ambition.

Most people try to build their empires with constant motion. Emails. Meetings. Late nights. Endless striving.

Analog Sunday builds with time.

Time invested in your people.
Time invested in your body.
Time invested in your attention.

The strongest empires are not built on burn-out. They are built on clarity, presence, and long vision.

Analog Sunday is not stepping away from the work.

It is choosing to build something that still stands when the work is done.

HOW ANALOG SUNDAY WORKS

Pick a day. Sunday works for most, but not mandatory.

Decide what offline means for you. Be honest.

Tell the people around you so expectations are clear.

Expect resistance, mostly from yourself.

Keep it simple.

Analog Sunday is not about doing more.

It is about removing what gets in the way.

And ultimately, **to rest.**

THE FIVE TENETS

Analog Sunday is not about filling your day.

It is about orienting your attention.

These five tenets are not a checklist, they are anchors.

If one (or more) of them happens on your Analog Sunday, you are doing it right.

(1)

REST

Rest is about stopping.

Not escaping or numbing.
Just stopping.

Rest looks like:

- Naps or quiet afternoons
- Sitting with no agenda/decisions
- Prayer, reflection, or silence
- Going to bed early

Rest is not laziness, it is repair.
And we need it more than ever.

(2)

READ

Read is about receiving depth instead of noise.

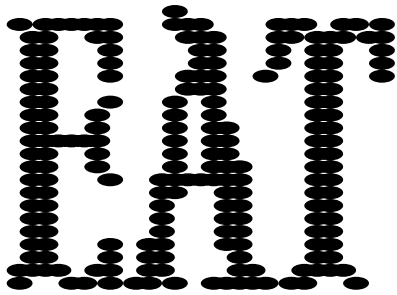
It's choosing long-form ideas over endless fragments.

Read looks like:

- A physical book
- Poetry or essays
- Scripture or spiritual reading
- Reading aloud to someone else

Reading fills our hearts and minds instead of draining them. A grand adventure at every turn of the page.

(3)



Eat is about nourishment and gathering.

It is the act of slowing down around food. Cooking instead of ordering. Sitting instead of rushing. Eating together instead of apart.

Eat looks like:

- Cooking a simple meal from scratch
- Sharing food with others
- Eye contact & conversations that linger
- Tasting instead of multitasking

Food has always been a connector. Analog Sunday brings it back to the center.

(4)

PLAY

Play is about joy without productivity.

It is movement, laughter, games, and letting things get a little loud and a little messy.

Play looks like:

- Board games or card games
- Pick-up sports or backyard games
- Exploring outside with no destination
- Doing something just because it's fun

Play reminds us that joy is not something to earn, but something to return to.

(5)

MAKE

Make is about creating with your hands. Not for an audience, not for approval, just for the sake of bringing something into the world.

Make looks like:

- Writing or journaling
- Drawing, painting, or building
- Cooking, baking, or woodworking
- Fixing something instead of replacing it

Making slows time down. Fills the heart, and the home.

YOU WILL

FAIL

You will check your phone.
You will get bored.
You will wonder if this is worth it.

Good.

Analog Sunday is a practice, not a performance.

Some Sundays will feel magical.
Some will feel awkward.
Some even wasted.

Keep coming back anyway.

IF YOU'VE GOT AN HOUR OR TWO

- Take a long walk with no destination
- Make pour over coffee slowly and sit with it
- Read one chapter of a real book
- Listen to one full album, front to back
- Cook something simple from scratch
- Write a letter you may never send
- Sit outside and do nothing

This counts.

IF YOU'VE GOT A HALF DAY

- Host a screen-free meal
- Visit a park, trail, or lake
- Start a puzzle or board game
- See a movie at a movie theater
- Work with your hands
- Print photos and put them somewhere real
- Clean one space with intention

Let the day unfold.

IF YOU GO ALL IN

- Declare a full no-screen day
- Cook multiple meals together
- Invite friends over with no agenda
- Spend extended time outdoors
- Create something without sharing it
- Visit a nearby town you've never explored
- Go to bed early, tired in a good way

This is the long game. A beautiful life.

MAKE IT YOUR OWN

Analog Sunday will change with your life.

What works now may not work later.
What works for others may not work for you.

The goal is not imitation.
It is intention.

Pay attention to what brings life.
Let go of what does not.

A FEW LOOSE RULES

1 No doomsscrolling.

2 No endless feeds.

3 No “performing” your life.

4 Presence over documentation.

5 Grace over guilt.

Break the rules if needed.
Keep the heart.

A LETTER TO YOU

You are not behind.

You are not broken.

You are just distracted like the rest of us.

This is your invitation back.

Back to your body.

Back to your people.

Back to the life that is already yours.

WHAT

ROOMS

IS

BRAND

SPACE

IT IS NOW TIME TO BEGIN

There are no prompts because your life is the prompt. This guide is your invitation to *start*.

Rest.

Read.

Eat.

Play.

Make.

Start over every week.

Each week is a clean slate.

Every single week.

PERMISSION SLIP

You are allowed to live a slower life.

You are allowed to miss things online.

You are allowed to choose presence.

Sign it mentally.

Begin imperfectly.

Begin.

Begin.

Begin.

CLOSING

Reclaim the time.
Live your life, intentionally.
Join the living.