

# Analog Bag Tips



## Practical Details:

### 1. Pick one bag or basket.

Nothing fancy. A tote or canvas bag you already own works perfectly.

### 2. Choose 3-5 screen-free activities you genuinely enjoy.

Keep it light and inviting, not aspirational. Use what you already have.

### 3. Make it easy to grab.

Leave it by the door, in the car, or wherever you usually reach for your phone.

### 4. Put your phone in Focus Mode (or silence it).

Just for that short pocket of time. Even 20-40 minutes makes a difference.

### 5. Use it during "in-between" moments.

Carpool lines, appointments, kids' activities, waiting rooms...

### 6. Refresh it seasonally.

Swap books, projects, or hobbies when your interests shift so it always feels fun.

### 7. Keep it simple and pressure-free.

The goal doesn't need to be productivity, it can just be presence and enjoyment.



# Analog Bag Ideas



## Reading & Learning

- fiction novel
- short essays or poetry
- nonfiction in bite-size chapters
- magazine or journal
- cookbook or meal planner

## Writing & Reflection

- journal or commonplace notebook
- favorite pens/highlighters
- prompt cards
- quick To-Do list pad
- letters or postcards to write
- gratitude list

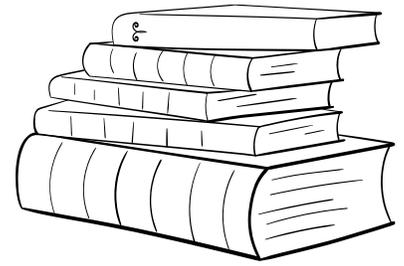
## Crafts & Creating

- knitting or crochet project
- cross-stitch or small embroidery hoop
- sketchbook + pencils
- watercolor travel set
- collage scraps

## Games & Puzzles

- deck of cards
- Uno
- dice + score pad
- crossword or Sudoku book
- brain teasers
- logic grid puzzles

# Analog Bag Ideas



## **Relax & Reset**

- coloring pages + gel pens
- word search
- quote cards
- mindfulness prompts

## **Planning & Homemaking**

- meal planning notebook
- habit tracker
- home project list
- seasonal goals

## **Connection & Fun**

- conversation starter cards
- trivia questions

## **Nature & Sensory Moments**

- small stone or shell collection
- pressed leaves or flowers in an envelope
- mini observation card ("notice 5 things you see...")

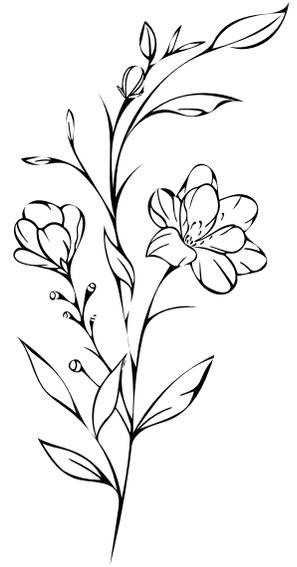
## **Listen & Think**

- printed podcast episode notes or discussion questions
- thought-provoking quotes to reflect on
- topic cards (curiosity, habits, creativity, learning)

## **Skill Builders (Tiny but Satisfying)**

- logic grid puzzles
- vocabulary or wordplay cards
- mini brain workouts (riddles, pattern games)

# Seasonal Ideas



## ❄️ **Winter: Calm & Comfort**

- comforting fiction reread
- coloring pages + gel pens
- crossword or puzzle book
- handwritten letters or cards
- personal growth nonfiction

## 🌸 **Spring: Fresh & Creative**

- sketchbook or nature journaling pages
- watercolor travel set
- gardening book or seed planner
- light fiction or short stories
- goal refresh worksheet

## ☀️ **Summer: Light & Playful**

- beach read or audiobook notes
- on the go card games
- magazine stack
- doodle pad
- conversation starter list

## 🍂 **Fall: Cozy & Curious**

- mystery or classic novel
- knitting or embroidery project
- journal + warm-toned pens
- poetry or essay collection
- gratitude prompts







# Celebrating Small Wins

Every small win is progress. Noticing and celebrating them builds momentum, boosts confidence, and keeps me moving forward.

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday / Sunday

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Analog Bag Refelction - **How is it changing my week overall?**