

## I AM REKINDLING MY PASSION FOR THE ANALOG WORLD

I am rekindling my passion for the analog world, finding joy in activities that don't require a screen. I am rediscovering the simple pleasure of reading a physical book, feeling the texture of the pages, and the comfort of holding a story in my hands.

Writing with pen and paper allows me to slow down, savor each word, and express my thoughts intentionally. Crafting with my hands, whether through drawing, building, or creating, connects me to the tactile joy of bringing ideas to life.

These analog activities provide a refreshing counterbalance to the fast-paced digital world, reminding me of the beauty in tangible experiences. They offer moments of calm, creativity, and reflection, allowing me to fully present and engage in what I am doing.

By embracing the analog, I honor the value of slowing down and reconnecting with the physical world, enriching my life with meaningful, hands-on experiences.

# REFLECTION QUESTIONS

**1**

What analog activities do I enjoy the most?

**2**

How can I incorporate more non-digital activities into my routine?

**3**

What have I learned from engaging in analog activities?