



# “DarkSide Challenge” Travel Log

## STAGE 1 — Recruitment

Having two fellow travelers for the sake of endurance, encouragement, and accountability is vital. With three travelers you won't be tempted to quit yourself. And, you will be available to keep your friends from falling too.

Fellow Traveler #1: \_\_\_\_\_ Relationship to me: \_\_\_\_\_

Fellow Traveler #2: \_\_\_\_\_ Relationship to me: \_\_\_\_\_

Fellow Traveler #3: \_\_\_\_\_ Relationship to me: \_\_\_\_\_

## STAGE 2 — Social Media Press Release

Pick 48 consecutive hours per week when you will not be posting, updating or reading anything on any social media sites. Discuss with your Darkside Team and decide if you want to synchronize journeys. In other words, will you be on the Darkside during the same hours or different hours of the four weeks?

Date of Press Release: \_\_\_\_\_

Actual calendar dates of 48-hour “far side” absence:

Week 1 - _____	<input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Week 2 - _____	<input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Week 3 - _____	<input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Week 4 - _____	<input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful

## STAGE 3 — Cell Phone Quarantine (8pm - 8pm)

Put simply, you will turn your device to airplane mode or off completely *when you are in the company of friends*. This is eating out, hanging out, going out, and recreating. No silent mode. No vibration mode. “Darkside mode” only. It would also be good to leave your phone in your pocket, purse, or car.

Day 1: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 12: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 2: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 13: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 3: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 14: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 4: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 15: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 5: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 16: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 6: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 17: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 7: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 18: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 8: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 19: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 9: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 20: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 10: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 21: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful
Day 11: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful	Day 22: <input type="checkbox"/> successful	<input type="checkbox"/> unsuccessful

Day 23:  successful       unsuccessful      Day 27:  successful       unsuccessful  
Day 24:  successful       unsuccessful      Day 28:  successful       unsuccessful  
Day 25:  successful       unsuccessful      Day 29:  successful       unsuccessful  
Day 26:  successful       unsuccessful      Day 30:  successful       unsuccessful

## STAGE 4 – Curiosity Journal

For this part of the Darkside Challenge you will ask at least one person each day, 2-3 sequential, open-ended questions...about *them*. Questions that cannot be answered with one or two words. In other words, questions that invite conversation, about *their* life. (E.g. "How are you?" or "What did you think about...?")

Day 1:  successful       unsuccessful  
**Comment(s):**

Day 2:  successful       unsuccessful  
**Comment(s):**

Day 3:  successful       unsuccessful  
**Comment(s):**

Day 4:  successful       unsuccessful  
**Comment(s):**

Day 5:  successful       unsuccessful  
**Comment(s):**

Day 6:  successful       unsuccessful  
**Comment(s):**

Day 7:  successful       unsuccessful  
**Comment(s):**

Day 8:  successful  unsuccessful  
**Comment(s):**

Day 9:  successful  unsuccessful  
**Comment(s):**

Day 10:  successful  unsuccessful  
**Comment(s):**

Day 11:  successful  unsuccessful  
**Comment(s):**

Day 12:  successful  unsuccessful  
**Comment(s):**

Day 13:  successful  unsuccessful  
**Comment(s):**

Day 14:  successful  unsuccessful  
**Comment(s):**

Day 15:  successful       unsuccessful  
**Comment(s):**

Day 16:  successful       unsuccessful  
**Comment(s):**

Day 17:  successful       unsuccessful  
**Comment(s):**

Day 18:  successful       unsuccessful  
**Comment(s):**

Day 19:  successful       unsuccessful  
**Comment(s):**

Day 20:  successful       unsuccessful  
**Comment(s):**

Day 21:  successful       unsuccessful  
**Comment(s):**

Day 22:  successful       unsuccessful  
**Comment(s):**

Day 23:  successful       unsuccessful  
**Comment(s):**

Day 24:  successful       unsuccessful  
**Comment(s):**

Day 25:  successful       unsuccessful  
**Comment(s):**

Day 26:  successful       unsuccessful  
**Comment(s):**

Day 27:  successful       unsuccessful  
**Comment(s):**

Day 28:  successful       unsuccessful  
**Comment(s):**

Day 29:  successful       unsuccessful

**Comment(s):**

Day 30:  successful       unsuccessful

**Comment(s):**

## STAGE 5 — Cell Phone Sabbath

For this part of the Darkside Challenge, you'll take a cell phone sabbath from 8am to 8pm one day a week for four weeks. You choose the day. Your Darkside Team can decide whether or not to synchronize your sabbaths. You may even elect to take your sabbath on one of the same days you're on the Darkside for social media.

Calendar dates:

Week 1 - \_\_\_\_\_  successful       unsuccessful

Week 2 - \_\_\_\_\_  successful       unsuccessful

Week 3 - \_\_\_\_\_  successful       unsuccessful

Week 4 - \_\_\_\_\_  successful       unsuccessful

## STAGE 6 — Handwritten Handiwork

For this stage of the Darkside Challenge you will send a handwritten note or letter to one person each week. That's four for the entire month. Your notes or letters can be mailed, hand-delivered, or even left anonymously.

**Week 1 Letter:**

To: \_\_\_\_\_  successful (date: \_\_\_\_\_)  unsuccessful

**Week 2 Letter:**

To: \_\_\_\_\_  successful (date: \_\_\_\_\_)  unsuccessful

**Week 3 Letter:**

To: \_\_\_\_\_  successful (date: \_\_\_\_\_)  unsuccessful

**Week 4 Letter:**

To: \_\_\_\_\_  successful (date: \_\_\_\_\_)  unsuccessful

## STAGE 7 — Finish Line Report *(optional)*

Send a "report" indicating that you completed the challenge, along with any thoughts you have about self-discovery, friendship, time management, the virtue of curiosity, the value of people, the brevity of life, the pull of "the self," or any other thoughts you have.

**Send your Finish Line Report to:** [information@fransciacca.com](mailto:information@fransciacca.com)