

BEAT DIGITAL OVERWHELM

How am I currently using my devices? What impact is that having on different aspects of my life (consider both the positive and negative impacts)?

How can I use technology more intentionally? How can I use it in a way that is meaningful to me and that is aligned with my values and goals?

Setting boundaries

I will put my devices away when...

I can use the time that I am not on my devices to...

I will manage the expectations of others by...

Ditching digital distractions

I have:

Switched off and managed notifications

Arranged or removed apps so that they do not disturb me

Know how to set my phone to 'do not disturb' (or equivalent)



Curating my accounts

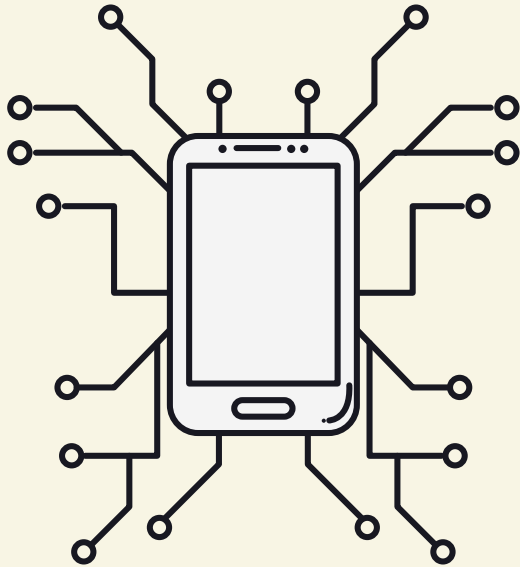
I have:

Unsubscribed from mailing lists

Unfollowed or left groups (or changed the notifications)

Unfollowed accounts

Unfriended or unfollowed people



I have looked through and sorted out:

My apps

My files and folders

My tabs

My photos

My email account(s)

Going forward, my new digital habits are:

Who could support me as I establish my new digital habits? How could they best support me?