

Self-Reflection Template (Activity 1)

1. Take a screenshot of your screen time report. Either paste it in the space below or write a summary.

2. Record five activities (e.g., messages) in the space below. Highlight the activities that make you feel good (happy, connected, entertained) in one color and those which make you feel negatively (sad, lonely, anxious) in another color. Note any ways which the activities impact your life (e.g., distract you from spending time with your friends).

Activity	Way in Impacts My Life

3. For one of the activities with which you have negative feelings associated (or an activity that, just in general, you would like to reduce), set a goal!

Specific: What, exactly, do you want to do to reduce digital use?	
Measurable: By how much (e.g., number of minutes, a percentage) do you want to reduce your use?	
Achievable: How do you know you can achieve the goal? Did you pick something you can control?	
Relevant: How will the goal help you?	
Time-bound: When will you achieve the goal?	

Self-Reflection Template (Activity 2)

1. Brainstorm the ways that you use language on digital devices. Think about as many things as possible! Some possible answers might include text messaging, posting on social media, or watching live broadcasts.
2. Now, highlight the activities that you enjoy and find beneficial in one color. Highlight those that cause you negative (e.g., sadness) feelings in another color.
3. Select one activity with which you associate negative feelings and think of one way that you could reduce the activity over the next week. Write any steps (e.g., deleting an app) you need to follow below.
4. Try it out! We will discuss how it went next week!