

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?	

