Set Your Digital Goals - Reflection Template

Now that you've reflected on your values and current digital habits, it's time to **set your own digital goals.** These goals should be meaningful to you and aligned with your personal motivations and core values.

We recommend using [the SMART goals framework](#) to make your goals specific, measurable, achievable, relevant, and time-bound. Here's an example of a SMART digital goal: **"Reduce my screen time on weekdays by at least one hour".**

Use the prompts below to help you define clear, personalized goals:

1. What aspects of your digital life do you find most fulfilling?
2. Are there any digital habits you feel are negatively impacting your well-being?
3. Do you encounter any digital stressors?
4. What changes do you hope to see in your digital habits?
5. What moments in your life have made you feel the most fulfilled and why?

Write your goals below: