Develop Your Own Digital Well-being Action Plan - Reflection Template

1. Our Why: What motivates your digital well-being journey?

Having a "Why" is a powerful motivator. Take a moment to think about your ideal life and the core values you want to pursue. This will help you distinguish between the Digital Habits that serve you and those that don't.

We leave some questions to guide your reflection:

What values are you currently following?

Who do you admire? What values do they represent?

What type of person would you like to be? How are you getting closer?

2. New Digital Goals

This is your space to set new SMART Digital Goals moving forward. Consider the insights from this course experience.

Set 1–2 SMART goals to guide your next phase. Make them specific, realistic, and aligned with your values.

Goal 1

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Goal 2

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3. My Plan: Ongoing practices I want to keep

Here we leave some recommendations of exercises we deem important to go through every once in a while. These exercises help you stay grounded.

Choose the practices you want to keep cultivating that resonate with you and define how and when you'll do them. Use this as a guiding model.

Practice: Digital Habits Audit

How will you do it?

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| |

Frequency

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| |

Practice: Digital Declutter

How will you do it?

[ ]

Frequency

[ ]

Practice: Check-in with Accountability Buddy

How will you do it?

[ ]

Frequency

[ ]

Practice: Reflect on Core Values

How will you do it?

[ ]

Frequency

4. Tools I Want to Use or Revisit

Choose tools that help you regulate digital habits. These might be from this course second lesson or new ones you'd like to try.

Tool #1

Tool #1 Name

How will you implement it?

Tool #2

Tool #2 Name

How will you implement it?

Pro tip: Schedule these in your calendar and revisit this plan regularly.