



Tools and Practices to Build Healthy Digital Habits - Reflection Template

Time to put your digital goals into action!

After exploring the tools before, choose at least two of them to try out this week. These small changes can have a big impact. Experimenting is encouraged – find what works best for you.

Once you’ve selected your tools, reflect briefly on why you chose them.

Then, use the Daily Tracker to mark each day you successfully used each tool. This simple practice can help build momentum and keep you motivated!

Step 1: Select the New Tools

Your chosen new tools for the week are (check at least two options):

- ☐ Defining specific email and social media checking times
- ☐ Controlling technology usage with a phone drawer or pouch
- ☐ Changing your devices screen to grayscale
- ☐ Turning off phone notifications
- ☐ Establishing no-phone zones

How much time from your day does your phone use take? (Divide the number from question 1 by 24, then multiply by 100- that’s your percentage).

Step 2: Update your Daily Tracker

Habit trackers are a great way to stay motivated. Why? Because they give you a visual representation of your success every day. This gives a little boost of motivation every day. Give it a try!

New Tool 1:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

New Tool 2:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday: