

DISTRACTIONS

What distracts you from accomplishing your daily tasks?

Keep your journal for three days and make notes of your distractions. You'll be surprised to see what distracts you the most!

1. Any color of pen or pencil can be used.

2. Before you begin, write down the date and start time.
3. For every distraction, color in a box with the distraction.

4. When you have finished collecting distractions, check the time and write it down!

Color Code

Internet

Social Media

Digital Interaction

Something Happening

Someone in Real Life

Other

Date : / /

Date : / /

Date : / /

MY WORRIES

What do you worry about, and is this worrying often unnecessary?

For three days, whenever you worry, make a note on your phone. Once it's logged, do your best to stop worrying.

Every evening or next morning, draw your worries. following theses rules.

MONEY

WORK/STUDY

THE WORLD

FRIENDS/ROOMMATES/SIGNIFICANT OTHER

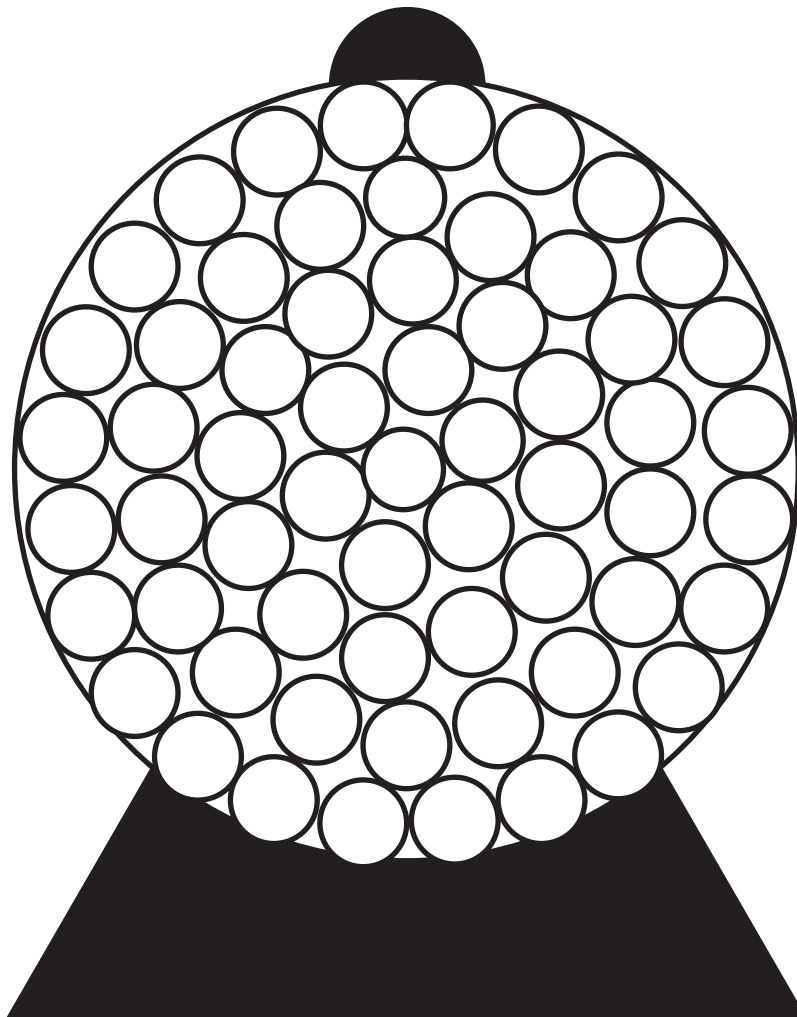
1. Each SYMBOL= one worry
2. COLOR= What you're worrying about
3. The symbol's PATTERN= your reflective assessment of the worry
4. Color in the circles with your worries.

Color Code

- ☐ MONEY
- ☐ WORK/STUDY
- ☐ THE WORLD
- ☐ FRIENDS
- ☐ FAMILY
- ☐ MYSELF
- ☐ OTHER

Patterns

- ☐ Worry won't happen
- ☒ Worry is out of my control
- ☐ Worry isn't my responsibility
- ☒ Worry is in my control, and I can do something about it!



Data was taken from to
















MY PHONE

The apps on your phones are a window to your soul. What can you discover about yourself?

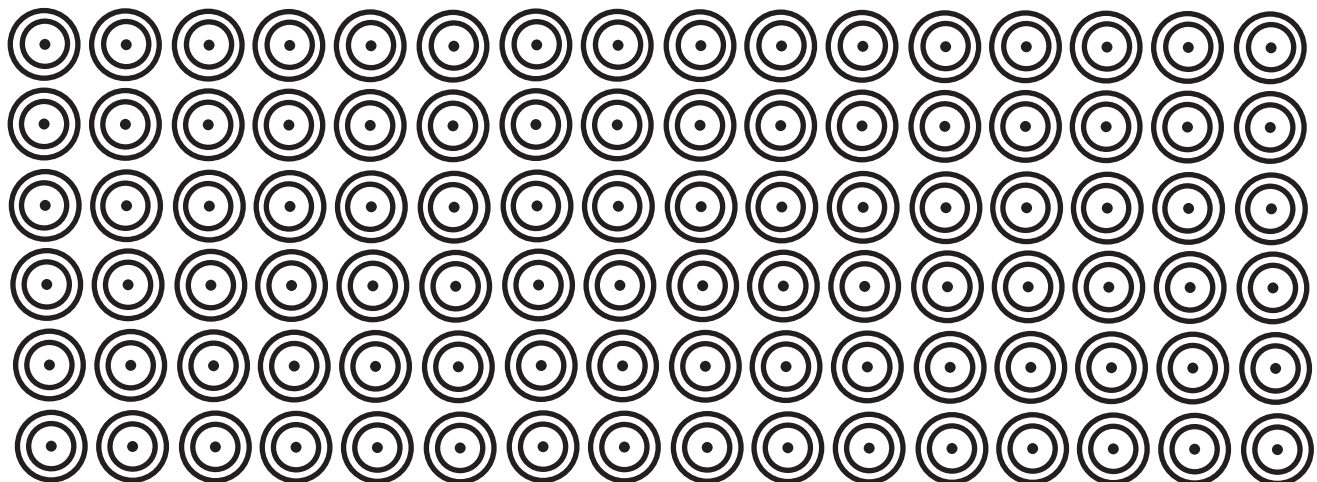
Write down every app on your phone and then categorize and draw your apps following the instructions below.

1. Each app is represented by a circular SYMBOL.

2. COLOR= the app's genre

	Photo and Video
	Health and Fitness
	Social Media
	Games
	Entertainment
	Sports
	Weather
	Utilities
	Productivity
	Navigation
	Lifestyle
	Finance
	Shopping
	Music
	Other

3. SHAPE= how often you've used the app



MY CAMERA ROLL








What do you like to take pictures of?

Open the photo album on your phone and/or computer.
Look at your last 20 photos that you took on your phone.







Record your pictures on the following chart!

Each photo is represented by a COLOR and a SYMBOL.

1. COLOR= the location of the photo

	Home
	Work
	Social Setting
	Outdoors
	School
	Car
	Other

2. The SYMBOL= the type of the photo you took

	Selfie
	Group
	Landscape/Cityscape
	Interior/ Still-life
	Documentation
	Screenshots

3. Connect multiple photos taken of the same thing.



4. Underline the photos actually worth keeping for the future!

