Affinity Diagram

This diagram organizes the causes, effects, and possible solution for my problem of spending too much unnecessary time on my phone

Causes	Solutions
- Boredom - Habit - Constant notifications - Stree relief - Easy access	- App blocker that locks social media - Focus timer - Set app usage limits - Accountability partner
Effects	Motivation to Change
- Lost productivity - Less sleep - Increased anxiety - Procrastination	- Better focus - More free time - Improved sleep - Feeling accomplished