

Affinity Diagram

The diagram organizes personal life issues that are a result of unnecessary and prolonging of scrolling on your phone

Causes <ul style="list-style-type: none">• <u>Boredom</u>• <u>Bad habits</u>• <u>Distractions</u>• <u>"Stress" relief</u>	Solutions <ul style="list-style-type: none">• App blocker that locks social media• Setting app usage time limits• Accountability partner
Effects <ul style="list-style-type: none">• Lost productivity• Less sleep• Increased anxiety• More stress• Procrastination	Motivation to Change <ul style="list-style-type: none">• Better focus• More free time• Improved sleep• Feeling accomplished