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

Causes

- Boredom
 - Bad habits
 - Distractions
 - “Stress” relief

Solutions

- App blocker that locks social media
 - Setting app usage time limits
 - Accountability partner

Effects

- **Lost productivity**
 - **Less sleep**
 - **Increased anxiety**
 - **More stress**
 - **Procrastination**

Motivation to Change

- Better focus
 - More free time
 - Improved sleep
 - Feeling accomplished