

Learner	Card	Card type	Lesson N	Global Q#	PDF Page	Response
Audrey Todd	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	Screen time Productivity Stress management Sleep Real life connection
August Rinehart	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	Real-life connection, productivity, sleep, stress management, screen time
Charlie Monaghan	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	Sleep, real-life connection, stress management, productivity, screen time
Devin Mulac	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	5-Sleep 4- screen time 3- stress management 2- real life connection 1- productivity
Fatima Bugaighis	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	stress management, real life connection, sleep, productivity, screen time
Hugo Crainich	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	1 productivity, 2 stress management, 3 sleep, 4 sleep, 5 real life connection
Keira Boyle	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	1 2 3 4 5
Lucy Esquivel	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	Screen time, sleep, stress management, productivity, real life connection
Quinn Ledak	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	sleep, productivity, stress management, screen time, real life connection
Anonymous learner	Card 6 (Form): Quick pulse check Rank these 5 areas by what you most want to improve right now — start with your top priority and go down. (1 = top priority, 5 = lowest) -Screen time -Sleep -Productivity -Real-life connection -Stress management	Form	1	1	6	Sleep
Audrey Todd	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	I'm ready for more energy
August Rinehart	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	I'm ready for more energy
Charlie Monaghan	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	Depends on the day
Devin Mulac	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	Depends on the day
Fatima Bugaighis	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	I'm ready for more energy
Hugo Crainich	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	I'm pretty energized right now
Keira Boyle	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	I'm ready for more energy
Lucy Esquivel	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	I'm ready for more energy
Quinn Ledak	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	I'm pretty energized right now
Anonymous learner	Card 12 (Poll): You took a whole life assessment at the start. Right? ;) How are you feeling about life in this moment?	Poll	1	2	12	I'm ready for more energy
August Rinehart	Card 13 (Submit media) Take a minute and share an audio with us—something you learned or that stood out from the pre-course assessment, or just how you're feeling right now.	Submit media	1	3	13	<p>Okay, there we go. Okay, aside from the basic statistics that were in the course earlier, such as like, two hours is the average screen time, 90% of people feel like they're on their phones too much. Aside from those statistics, I think there was also some prioritizing questions. And so I learned that I prioritize having a real-life connection more than anything else. I think that that's the root of why I want to get off my phone more. It's not just because of screen time. It's because I want to get a stronger connection with real life activities. And then, aside from that, there was a question asking about energy. And I selected the one that said I wanted more energy. And I think that rings true, that I want to get off my phone so I'll have more energy and so that I'm less distracted by, or less drained from just time on my phone. Yeah.</p>

						I didn't do the pre-course assessment, so I'm sharing how I'm feeling these days. I just moved a couple weeks ago and I'm starting a new job. So currently feeling pretty anxious and stressed about whether that's going to be financially viable for me right now. But I'm really enjoying living with my girlfriend and getting to see her every day. So that's kind of the trade-off I'm working with right now.
Devin Mulac	Card 13 (Submit media) Take a minute and share an audio with us—something you learned or that stood out from the pre-course assessment, or just how you're feeling right now.	Submit media	1	3	13	
Audrey Todd	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	I spend too much time on my phone
August Rinehart	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	I spend too much time on my phone I spend too much time on my computer My devices are controlling me (not the other way around)
Charlie Monaghan	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	I spend too much time on my phone
Devin Mulac	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	I spend too much time on my phone
Fatima Bugaighis	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	I spend too much time on my phone I spend too much time on my computer My devices are controlling me (not the other way around)
Hugo Crainich	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	I spend too much time on my computer I feel fine about my phone use
Keira Boyle	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	I spend too much time on my phone My devices are controlling me (not the other way around)
Lucy Esquivel	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	I spend too much time on my phone
Quinn Ledak	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	I feel fine about my phone use
Anonymous learner	Card 14 (Quiz): Now, more specifically about your devices. What feels true for you?	Quiz	1	4	14	My devices are controlling me (not the other way around)
Audrey Todd	Card 38 (Submit media): Snap a pic of your journal entry here! (if you're feeling shy, just show us your writing space)	Submit media	1	5	38	SCREEN TIME - I use my phone to detract myself for too often. I don't want to but I do. Texting helps me keep in touch. SLEEP-My sleep is pretty good. It would be more plentiful IF I just stopped scrolling and went to bed when I get in bed PRODUCTIVITY - I feel focused when driven by music. I often procrastinate by scrolling IRL CONNECTIONS - I feel most connected when I'm hanging out with friends or family STRESS MANAGEMENT - I feel most stressed when I think about what I'm not doing but should be. When I think much about the future, that also gets me really stressed.
August Rinehart	Card 38 (Submit media): Snap a pic of your journal entry here! (if you're feeling shy, just show us your writing space)	Submit media	1	5	38	Screen Time - My screen helps me receive messages from those close to me. *** Sleep - My sleep quality is poor. I don't wake up ***and I have a *** falling asleep. *** Productivity - I feel *** at work and when I am talking. My screen and *** get in the way of productivity IRL connection - I feel more connected when I am *** and when I am off my phone. I feel lonely when I am alone and unproductive Stress management - I feel more stressed when I think about my future and what my life will look like. I am more relieved when I have been productive or when I feel like I am on track in life
Charlie Monaghan	Card 38 (Submit media): Snap a pic of your journal entry here! (if you're feeling shy, just show us your writing space)	Submit media	1	5	38	Screen time - I notice it as mostly a distraction, the main apps being Instagram. Sleep - my sleep quality is good overall Productivity - I feel focused in the mornings, but waking up and going right to my phone is a big hit to my focus. IRL connections - I feel most connected when spending time with friends. Sometimes I do feel lonely and it makes it harder to reach out to people. Stress mgmt - I feel most stressed when thinking about my career and life after college. Exercise and spending time on things I enjoy helps me relax.
Devin Mulac	Card 38 (Submit media): Snap a pic of your journal entry here! (if you're feeling shy, just show us your writing space)	Submit media	1	5	38	Screen time - Living in a new place with no friends, I'm feeling like I'm watching TV a lot more Sleep - Sleep is usually good for me. 6-8 hours Productivity - Productivity could be better. I have so much free time right now so don't feel any urgency to get anything accomplished IRL Connections - I'm really missing all my friends back home and hoping to make some down here soon Stress management - I have a lot of trouble relaxing
Fatima Bugaighis	Card 38 (Submit media): Snap a pic of your journal entry here! (if you're feeling shy, just show us your writing space)	Submit media	1	5	38	Screen time - too much, always on phone Sleep - bad sleep, too much, sleeping in Productivity - not productive at all, nothing IRL connections - good connections with friends/fam Stress Management- not too stressed yet

Hugo Crainich	Card 38 (Submit media): Snap a pic of your journal entry here! (if you're feeling shy, just show us your writing space)	Submit me	1	5	38	<p>Screen time:</p> <ul style="list-style-type: none"> - My screen helps me when I'm bored or when I want to learn new things - Doesn't get in the way most of the times, occasionally during sleep <p>Sleep:</p> <ul style="list-style-type: none"> - My sleep quality is good - What affects me sleep is when people wake me up too early (just kidding - kinda - I also stay up on screens too late but that is more or less intentional) <p>Productivity:</p> <ul style="list-style-type: none"> - I feel really focused after already completing tasks - What gets in the way of productivity is starting the first task <p>IRL Connection:</p> <ul style="list-style-type: none"> - I feel most connected when I'm with people I know well - No I don't notice feelings of loneliness <p>Stress Management:</p> <ul style="list-style-type: none"> - I feel the most stressed when I let multiple tasks pile up - Playing golf helps me relax
Lucy Esquivel	Card 38 (Submit media): Snap a pic of your journal entry here! (if you're feeling shy, just show us your writing space)	Submit me	1	5	38	<p>Screen time</p> <ul style="list-style-type: none"> - I definitely spend way too much time scrolling on TikTok especially before bed <p>Stress management</p> <ul style="list-style-type: none"> - Sometimes I find stress management to be really hard if I have a lot going on I just kind of feel stuck <p>Sleep</p> <ul style="list-style-type: none"> - my sleeping habits are kind of all over the place but I often feel really sleepy <p>Productivity</p> <ul style="list-style-type: none"> - feeling productive is really important to me because I feel like I'm wasting my days if I don't do anything <p>Real life connection</p> <ul style="list-style-type: none"> - I thrive when I get to connect with people
Audrey Todd	Card 7 (Poll): Quick pulse check How much attention do you give to your screen habits in daily life? (e.g. pickups, app use, time spent scrolling)	Poll	2	6	50	3—Quite a bit
August Rinehart	Card 7 (Poll): Quick pulse check How much attention do you give to your screen habits in daily life? (e.g. pickups, app use, time spent scrolling)	Poll	2	6	50	3—Quite a bit
Charlie Monaghan	Card 7 (Poll): Quick pulse check How much attention do you give to your screen habits in daily life? (e.g. pickups, app use, time spent scrolling)	Poll	2	6	50	3—Quite a bit
Devin Mulac	Card 7 (Poll): Quick pulse check How much attention do you give to your screen habits in daily life? (e.g. pickups, app use, time spent scrolling)	Poll	2	6	50	3—Quite a bit
Fatima Bugaighis	Card 7 (Poll): Quick pulse check How much attention do you give to your screen habits in daily life? (e.g. pickups, app use, time spent scrolling)	Poll	2	6	50	4—Very much
Hugo Crainich	Card 7 (Poll): Quick pulse check How much attention do you give to your screen habits in daily life? (e.g. pickups, app use, time spent scrolling)	Poll	2	6	50	1—Not at all
Quinn Ledak	Card 7 (Poll): Quick pulse check How much attention do you give to your screen habits in daily life? (e.g. pickups, app use, time spent scrolling)	Poll	2	6	50	2—A little bit
Anonymous learner	Card 7 (Poll): Quick pulse check How much attention do you give to your screen habits in daily life? (e.g. pickups, app use, time spent scrolling)	Poll	2	6	50	3—Quite a bit
Audrey Todd	Card 10 (Poll): Before you look, take a guess at what your total daily screen time is...	Poll	2	7	53	3-5 hours
August Rinehart	Card 10 (Poll): Before you look, take a guess at what your total daily screen time is...	Poll	2	7	53	3-5 hours
Charlie Monaghan	Card 10 (Poll): Before you look, take a guess at what your total daily screen time is...	Poll	2	7	53	Less than 3 hours
Devin Mulac	Card 10 (Poll): Before you look, take a guess at what your total daily screen time is...	Poll	2	7	53	3-5 hours
Fatima Bugaighis	Card 10 (Poll): Before you look, take a guess at what your total daily screen time is...	Poll	2	7	53	Over 7 hours
Hugo Crainich	Card 10 (Poll): Before you look, take a guess at what your total daily screen time is...	Poll	2	7	53	Less than 3 hours
Quinn Ledak	Card 10 (Poll): Before you look, take a guess at what your total daily screen time is...	Poll	2	7	53	3-5 hours
Anonymous learner	Card 10 (Poll): Before you look, take a guess at what your total daily screen time is...	Poll	2	7	53	5-7 hours
Audrey Todd	Card 22 (Poll): My total daily screen time is...	Poll	2	8	65	5-7 hours (Pretty normal, but room to trim.)
August Rinehart	Card 22 (Poll): My total daily screen time is...	Poll	2	8	65	5-7 hours (Pretty normal, but room to trim.)
Charlie Monaghan	Card 22 (Poll): My total daily screen time is...	Poll	2	8	65	3-5 hours (The 'doing okay' zone—nice balance!)
Devin Mulac	Card 22 (Poll): My total daily screen time is...	Poll	2	8	65	3-5 hours (The 'doing okay' zone—nice balance!)
Fatima Bugaighis	Card 22 (Poll): My total daily screen time is...	Poll	2	8	65	Over 7 hours (Let's call it... dedication.)
Hugo Crainich	Card 22 (Poll): My total daily screen time is...	Poll	2	8	65	Less than 3 hours (Are you secretly a monk?)
Quinn Ledak	Card 22 (Poll): My total daily screen time is...	Poll	2	8	65	3-5 hours (The 'doing okay' zone—nice balance!)

Anonymous learner	Card 22 (Poll): My total daily screen time is...	Poll	2	8	65	3-5 hours (The 'doing okay' zone—nice balance!)
Audrey Todd	Card 24 (Poll): App usage by category. What category of apps dominates your screen time pie chart?	Poll	2	9	67	Social Media (Just vibing online)
August Rinehart	Card 24 (Poll): App usage by category. What category of apps dominates your screen time pie chart?	Poll	2	9	67	Entertainment (Binging and gaming FTW)
Charlie Monaghan	Card 24 (Poll): App usage by category. What category of apps dominates your screen time pie chart?	Poll	2	9	67	Social Media (Just vibing online)
Devin Mulac	Card 24 (Poll): App usage by category. What category of apps dominates your screen time pie chart?	Poll	2	9	67	Social Media (Just vibing online)
Fatima Bugaighis	Card 24 (Poll): App usage by category. What category of apps dominates your screen time pie chart?	Poll	2	9	67	Social Media (Just vibing online)
Hugo Crainich	Card 24 (Poll): App usage by category. What category of apps dominates your screen time pie chart?	Poll	2	9	67	Social Media (Just vibing online)
Quinn Ledak	Card 24 (Poll): App usage by category. What category of apps dominates your screen time pie chart?	Poll	2	9	67	Social Media (Just vibing online)
Anonymous learner	Card 24 (Poll): App usage by category. What category of apps dominates your screen time pie chart?	Poll	2	9	67	Social Media (Just vibing online)
Audrey Todd	Card 25 (Poll): Notifications received. How many notifications ping you daily? (Chaos level: unlocked)	Poll	2	10	68	10-30 (Manageable chaos)
August Rinehart	Card 25 (Poll): Notifications received. How many notifications ping you daily? (Chaos level: unlocked)	Poll	2	10	68	Less than 10 (The dream)
Charlie Monaghan	Card 25 (Poll): Notifications received. How many notifications ping you daily? (Chaos level: unlocked)	Poll	2	10	68	30-60 (Distracted, but thriving)
Devin Mulac	Card 25 (Poll): Notifications received. How many notifications ping you daily? (Chaos level: unlocked)	Poll	2	10	68	30-60 (Distracted, but thriving)
Fatima Bugaighis	Card 25 (Poll): Notifications received. How many notifications ping you daily? (Chaos level: unlocked)	Poll	2	10	68	Over 60 (Ping-a-palooza)
Hugo Crainich	Card 25 (Poll): Notifications received. How many notifications ping you daily? (Chaos level: unlocked)	Poll	2	10	68	10-30 (Manageable chaos)
Quinn Ledak	Card 25 (Poll): Notifications received. How many notifications ping you daily? (Chaos level: unlocked)	Poll	2	10	68	10-30 (Manageable chaos)
Anonymous learner	Card 25 (Poll): Notifications received. How many notifications ping you daily? (Chaos level: unlocked)	Poll	2	10	68	Less than 10 (The dream)
Audrey Todd	Card 27 (Poll): Pickups. How many times a day do you unlock your phone?	Poll	2	11	70	20-50 (Casual swiper)
August Rinehart	Card 27 (Poll): Pickups. How many times a day do you unlock your phone?	Poll	2	11	70	Over 100 (Did it even lock?)
Charlie Monaghan	Card 27 (Poll): Pickups. How many times a day do you unlock your phone?	Poll	2	11	70	50-100 (Finger workouts count, right?)
Devin Mulac	Card 27 (Poll): Pickups. How many times a day do you unlock your phone?	Poll	2	11	70	50-100 (Finger workouts count, right?)
Fatima Bugaighis	Card 27 (Poll): Pickups. How many times a day do you unlock your phone?	Poll	2	11	70	Over 100 (Did it even lock?)
Hugo Crainich	Card 27 (Poll): Pickups. How many times a day do you unlock your phone?	Poll	2	11	70	50-100 (Finger workouts count, right?)
Quinn Ledak	Card 27 (Poll): Pickups. How many times a day do you unlock your phone?	Poll	2	11	70	20-50 (Casual swiper)
Anonymous learner	Card 27 (Poll): Pickups. How many times a day do you unlock your phone?	Poll	2	11	70	50-100 (Finger workouts count, right?)
Audrey Todd	Card 29 (Submit media): What time of day is your heaviest usage?	Submit media	2	12	72	My heavy use usage is kind of like around lunchtime and then after dinner time into nighttime. The lunchtime one kind of surprises me, but the evening slash nighttime one like that makes sense. I feel like.
August Rinehart	Card 29 (Submit media): What time of day is your heaviest usage?	Submit media	2	12	72	The time of day that I use my phone the most is right after work. It's typically because I had a long work day, which is usually like 10 hours of just looking at Excel sheets and it's pretty boring. So then I spend, I come home and to relax, I should be doing something else, but to relax I usually just start watching videos and it takes. It leads into like a two hour time. That's pretty much where I spend the most amount of time. Or right before bed. I don't spend any time in the mornings and I don't spend any time at work. So the only times it can really be is in the afternoon and right before I go to bed.
Devin Mulac	Card 29 (Submit media): What time of day is your heaviest usage?	Submit media	2	12	72	I don't know anything about working my phone settings, so I couldn't actually figure out the answer to this question. So that might be a good thing to put in is how to find this because I'm very bad at using phones. If I had to guess though, I would say it's probably evening time because I'm usually kinda either making food, using my phone to look at a recipe, or like trying to watch something or a sports game and streaming it from my phone to the tv or watching not my phone, but just in general. Heaviest users definitely be aiming just watching sports.

Fatima Bugaighis	Card 29 (Submit media): What time of day is your heaviest usage?	Submit media	2	12	72	When I wake up in the morning and before I go to bed and during breakfast, lunch and dinner.
Hugo Crainich	Card 29 (Submit media): What time of day is your heaviest usage?	Submit media	2	12	72	The time of day where I would use my phone the most would definitely be at night, probably anywhere after 10pm because it's dark, people are in bed and there's not much to do. It's not that surprising. And I forget the second question that was asked. But yeah, it's not surprising. It makes sense because there's less activity going on. But yeah, it's probably not good for me.
Audrey Todd	Card 35 (Poll): What habit will you focus on today?	Poll	2	13	78	Reduce screen time before bed
August Rinehart	Card 35 (Poll): What habit will you focus on today?	Poll	2	13	78	Reduce screen time before bed
Charlie Monaghan	Card 35 (Poll): What habit will you focus on today?	Poll	2	13	78	Reduce screen time before bed
Devin Mulac	Card 35 (Poll): What habit will you focus on today?	Poll	2	13	78	Enjoy a device-free meal
Fatima Bugaighis	Card 35 (Poll): What habit will you focus on today?	Poll	2	13	78	Reduce time on social media or gaming (compared to yesterday)
Hugo Crainich	Card 35 (Poll): What habit will you focus on today?	Poll	2	13	78	15 minute digital pause (this means I!)
Quinn Ledak	Card 35 (Poll): What habit will you focus on today?	Poll	2	13	78	Reduce screen time before bed
Anonymous learner	Card 35 (Poll): What habit will you focus on today?	Poll	2	13	78	Reduce screen time before bed
Audrey Todd	Card 37 (Poll): Looking back... Did this lesson shift how you think about your screen time or digital habits?	Poll	2	14	80	4—Very helpful
August Rinehart	Card 37 (Poll): Looking back... Did this lesson shift how you think about your screen time or digital habits?	Poll	2	14	80	3—Somewhat helpful
Charlie Monaghan	Card 37 (Poll): Looking back... Did this lesson shift how you think about your screen time or digital habits?	Poll	2	14	80	4—Very helpful
Devin Mulac	Card 37 (Poll): Looking back... Did this lesson shift how you think about your screen time or digital habits?	Poll	2	14	80	4—Very helpful
Fatima Bugaighis	Card 37 (Poll): Looking back... Did this lesson shift how you think about your screen time or digital habits?	Poll	2	14	80	4—Very helpful
Hugo Crainich	Card 37 (Poll): Looking back... Did this lesson shift how you think about your screen time or digital habits?	Poll	2	14	80	3—Somewhat helpful
Quinn Ledak	Card 37 (Poll): Looking back... Did this lesson shift how you think about your screen time or digital habits?	Poll	2	14	80	3—Somewhat helpful
Anonymous learner	Card 37 (Poll): Looking back... Did this lesson shift how you think about your screen time or digital habits?	Poll	2	14	80	4—Very helpful
Fatima Bugaighis	Card 39 (Submit media): Take a pic of what unplugged looks like for you today.	Submit media	2	15	82	The image shows a woman using a treadmill in a modern indoor gym. She appears to be walking or jogging while holding a water bottle and a towel.
August Rinehart	Card 3 (Rate): Now that you had a day, are you now thinking about your screen-time differently?	Rate	3	16	87	
Devin Mulac	Card 3 (Rate): Now that you had a day, are you now thinking about your screen-time differently?	Rate	3	16	87	
Fatima Bugaighis	Card 3 (Rate): Now that you had a day, are you now thinking about your screen-time differently?	Rate	3	16	87	— na
Hugo Crainich	Card 3 (Rate): Now that you had a day, are you now thinking about your screen-time differently?	Rate	3	16	87	— I already felt pretty self aware about screens
Quinn Ledak	Card 3 (Rate): Now that you had a day, are you now thinking about your screen-time differently?	Rate	3	16	87	— increased awareness when I pull my phone out
Anonymous learner	Card 3 (Rate): Now that you had a day, are you now thinking about your screen-time differently?	Rate	3	16	87	— More conscious of it!
Anonymous learner	Card 3 (Rate): Now that you had a day, are you now thinking about your screen-time differently?	Rate	3	16	87	— Realizing I don't need it as much as I 'think' I do
August Rinehart	Card 4 (Poll): Big picture... Which feels hardest right now?	Poll	3	17	88	Sticking with something consistently
Devin Mulac	Card 4 (Poll): Big picture... Which feels hardest right now?	Poll	3	17	88	Quieting a busy mind
Fatima Bugaighis	Card 4 (Poll): Big picture... Which feels hardest right now?	Poll	3	17	88	Sticking with something consistently
Hugo Crainich	Card 4 (Poll): Big picture... Which feels hardest right now?	Poll	3	17	88	Getting clear on what I want
Quinn Ledak	Card 4 (Poll): Big picture... Which feels hardest right now?	Poll	3	17	88	Sticking with something consistently
Anonymous learner	Card 4 (Poll): Big picture... Which feels hardest right now?	Poll	3	17	88	Being positive about myself
Anonymous learner	Card 4 (Poll): Big picture... Which feels hardest right now?	Poll	3	17	88	Staying motivated
August Rinehart	Card 6 (Poll): Quick pulse check How much do your mindset patterns (e.g. motivation, attitude, clarity) affect your daily experience?	Poll	3	18	90	1—Not at all
Devin Mulac	Card 6 (Poll): Quick pulse check How much do your mindset patterns (e.g. motivation, attitude, clarity) affect your daily experience?	Poll	3	18	90	4—Very much
Fatima Bugaighis	Card 6 (Poll): Quick pulse check How much do your mindset patterns (e.g. motivation, attitude, clarity) affect your daily experience?	Poll	3	18	90	3—Quite a bit
Hugo Crainich	Card 6 (Poll): Quick pulse check How much do your mindset patterns (e.g. motivation, attitude, clarity) affect your daily experience?	Poll	3	18	90	2—A little bit

Quinn Ledak	Card 6 (Poll): Quick pulse check How much do your mindset patterns (e.g. motivation, attitude, clarity) affect your daily experience?	Poll	3	18	90	2—A little bit
Anonymous learner	Card 6 (Poll): Quick pulse check How much do your mindset patterns (e.g. motivation, attitude, clarity) affect your daily experience?	Poll	3	18	90	4—Very much
August Rinehart	Card 11 (Submit media): Now name 3 core values that drive you. How do they tie to who you want to be and what you hope for in life?	Submit media	3	19	95	I really care about making those around me happy. I really care about improving my community, leaving some kind of lasting impact on my community. On my community, jeez. In my life. And I care about applying myself. So just making sure that I've maximized my potential and I've actually acted on everything that I could have done in life.
Devin Mulac	Card 11 (Submit media): Now name 3 core values that drive you. How do they tie to who you want to be and what you hope for in life?	Submit media	3	19	95	I would say three core values that drive me are friends, family, and respect.
Fatima Bugaighis	Card 11 (Submit media): Now name 3 core values that drive you. How do they tie to who you want to be and what you hope for in life?	Submit media	3	19	95	I would say courage. No, I would say creativity, compassion, and communication.
Hugo Crainich	Card 11 (Submit media): Now name 3 core values that drive you. How do they tie to who you want to be and what you hope for in life?	Submit media	3	19	95	Three core values that drive me are positivity, tolerance, and persistence. I'm having a hard time understanding what the questions after that want me to answer in relation to these. But I would say that they shape my life every day when I'm interacting with people or doing tasks or anything else.
August Rinehart	Card 13 (Poll): What do you want to strengthen right now? Pick one area you'd feel good making progress in.	Poll	3	20	97	Confidence and self-talk
Devin Mulac	Card 13 (Poll): What do you want to strengthen right now? Pick one area you'd feel good making progress in.	Poll	3	20	97	Confidence and self-talk
Fatima Bugaighis	Card 13 (Poll): What do you want to strengthen right now? Pick one area you'd feel good making progress in.	Poll	3	20	97	My focus and work habits
Hugo Crainich	Card 13 (Poll): What do you want to strengthen right now? Pick one area you'd feel good making progress in.	Poll	3	20	97	Just staying on top of school/life stuff
Quinn Ledak	Card 13 (Poll): What do you want to strengthen right now? Pick one area you'd feel good making progress in.	Poll	3	20	97	My relationships or social life
Anonymous learner	Card 13 (Poll): What do you want to strengthen right now? Pick one area you'd feel good making progress in.	Poll	3	20	97	Confidence and self-talk
August Rinehart	Card 22 (Submit media): First, close your eyes and think big, and small. What does your life look like in 5 years? How would you like to feel in a few weeks?	Submit media	3	21	106	Okay, in the next five years, I either want to be working for a company that does something impactful that I feel like is contributing to some kind of community. I really want to do energy work, so that means energy infrastructure. It's a lot to do with climate tech, energy, like renewable energy, climate bonds, etc. That's stuff that interests me, so I hope that I'm following my passion on that via either working at a company. Or starting my own company. I hope, whatever it is, that I'm actually growing a lot in the next five years. I still have a sponge mindset. I'm curious and trying to learn a lot. I also hope that I have friends in every single location that I want to travel to. That's pretty vague. I just want friends all over the country and all over the world that I can go visit and travel to. Experience their cultures with them. Um, I love hanging with people in different locations, um, and yeah, um. And also I hope that I have this is a little bit of a more niche one, but I hope that I have a skill. I was thinking about this the other day, my mom and I were talking about this like I. We don't think that we have like a skill that if we were like, completely resetting life, we could just like, sit down on the street and like, perform, like a dance, or like piano, or like singing or comedy. It's just like a core trait that you have that people enjoy. It's not from just like being social or smart. You know, it's like a tangible trait. So I hope that I can develop something like that. That's not more of a life goal. That's just something like cool, that I wish I could do. Yeah.
Devin Mulac	Card 22 (Submit media): First, close your eyes and think big, and small. What does your life look like in 5 years? How would you like to feel in a few weeks?	Submit media	3	21	106	In five years, I really have no idea where I plan to be. I just hope to be successful and happy. But in the next few weeks, I'm really hoping to feel a lot more settled into my new job, my new apartment, and just feel a lot more comfortable in my new and next step of life.
Fatima Bugaighis	Card 22 (Submit media): First, close your eyes and think big, and small. What does your life look like in 5 years? How would you like to feel in a few weeks?	Submit media	3	21	106	I would like to have a remote job and live in a nice area with a beach surrounded by family and friends. And, um, no, I don't want kids.
Hugo Crainich	Card 22 (Submit media): First, close your eyes and think big, and small. What does your life look like in 5 years? How would you like to feel in a few weeks?	Submit media	3	21	106	I just want to start off by saying, it's difficult to record a lot of these because the recording screen is blocking. All the questions that I'd like to be reading as I'm talking, but it's fine. Where I would see myself in five years, I don't like to think about that because I think it's not relevant to anything. I'll probably just be working in a job and that's about it. That's the only thing I have concretely planned. In two weeks, I hope to be fully moved into my apartment, fully starting my job, organized on top of everything, getting good sleep.
August Rinehart	Card 28 (Form): Do you have a pattern of thinking negatively? Tell us more. Just calling this out helps to chip away at self-doubt.	Form	3	22	112	Depends, I think that I have a lot of negative self thoughts but it's also accompanied by a ton of optimism. I am disappointed by my actions a lot of the time, but I am always confident that I will eventually change my habits.

Devin Mulac	Card 28 (Form): Do you have a pattern of thinking negatively? Tell us more. Just calling this out helps to chip away at self-doubt.	Form	3	22	112	Yes I have this problem almost every day. Trying to get out of my own way is my biggest struggle in life right now
Fatima Bugaighis	Card 28 (Form): Do you have a pattern of thinking negatively? Tell us more. Just calling this out helps to chip away at self-doubt.	Form	3	22	112	sometimes
Hugo Crainich	Card 28 (Form): Do you have a pattern of thinking negatively? Tell us more. Just calling this out helps to chip away at self-doubt.	Form	3	22	112	Yes but it's fully intentional and only at certain moments and it helps me greatly.
August Rinehart	Card 31 (Submit media): What obstacles might come up during this challenge and how can you prepare for them? (really think about the next two weeks...)	Submit me	3	23	115	There's a lot of challenges with that kind of, with just achieving my goals. Like, I want to go to the gym more, but I'm at work and then I don't know. I have a lot of like for job prospect goals and for hanging out with friend goals and all that kind of stuff. It's very hard to balance that all in life. Just because, like, I don't know, I'll wake up at 7 in the morning, get ready for my job at 9, leave at 5.30, 6. Go to the gym, cook a meal, and then it's already 9 o'clock. And I don't like getting less than eight hours of sleep because I get a little grouchy. So just finding time is difficult. And then on the weekends, balancing that time between. Should I be hanging out with friends or should I be preparing myself for something in the future? It's a lot of contradicting goals. So I don't really know how to balance those. So those are the main obstacles. And then, aside from that, other obstacles, I can't think of tangible ones I can't really overcome. It's more just mental ones, yeah.
Devin Mulac	Card 31 (Submit media): What obstacles might come up during this challenge and how can you prepare for them? (really think about the next two weeks...)	Submit me	3	23	115	My biggest challenge right now is I really miss home. So every morning that I wake up, I just really miss home. So that's kind of my biggest obstacle I'm dealing with right now.
Fatima Bugaighis	Card 31 (Submit media): What obstacles might come up during this challenge and how can you prepare for them? (really think about the next two weeks...)	Submit me	3	23	115	Looking for a job and being proactive about making money.
Hugo Crainich	Card 31 (Submit media): What obstacles might come up during this challenge and how can you prepare for them? (really think about the next two weeks...)	Submit me	3	23	115	Officers I can think of they'll come up are not sticking to my plans. I'm not trying everything.
August Rinehart	Card 37 (Poll): Mindset Habits What habit will you focus on today?	Poll	3	24	121	Practice gratitude
Devin Mulac	Card 37 (Poll): Mindset Habits What habit will you focus on today?	Poll	3	24	121	The Maui Habit
Fatima Bugaighis	Card 37 (Poll): Mindset Habits What habit will you focus on today?	Poll	3	24	121	Set an intention for the day
Hugo Crainich	Card 37 (Poll): Mindset Habits What habit will you focus on today?	Poll	3	24	121	The Maui Habit
Quinn Ledak	Card 37 (Poll): Mindset Habits What habit will you focus on today?	Poll	3	24	121	The Maui Habit
Anonymous learner	Card 37 (Poll): Mindset Habits What habit will you focus on today?	Poll	3	24	121	The Maui Habit
August Rinehart	Card 42 (Poll): Looking back... Did this lesson offer a mindset strategy you might use going forward?	Poll	3	25	126	3—Quite a bit
Devin Mulac	Card 42 (Poll): Looking back... Did this lesson offer a mindset strategy you might use going forward?	Poll	3	25	126	3—Quite a bit
Fatima Bugaighis	Card 42 (Poll): Looking back... Did this lesson offer a mindset strategy you might use going forward?	Poll	3	25	126	3—Quite a bit
Hugo Crainich	Card 42 (Poll): Looking back... Did this lesson offer a mindset strategy you might use going forward?	Poll	3	25	126	1—Not at all
Quinn Ledak	Card 42 (Poll): Looking back... Did this lesson offer a mindset strategy you might use going forward?	Poll	3	25	126	3—Quite a bit
Anonymous learner	Card 42 (Poll): Looking back... Did this lesson offer a mindset strategy you might use going forward?	Poll	3	25	126	4—Very much
August Rinehart	Card 3 (Rate): How's your mindset? Noticing any shifts in the right direction? :)	Rate	4	26	130	
Devin Mulac	Card 3 (Rate): How's your mindset? Noticing any shifts in the right direction? :)	Rate	4	26	130	
Hugo Crainich	Card 3 (Rate): How's your mindset? Noticing any shifts in the right direction? :)	Rate	4	26	130	
Quinn Ledak	Card 3 (Rate): How's your mindset? Noticing any shifts in the right direction? :)	Rate	4	26	130	
Anonymous learner	Card 3 (Rate): How's your mindset? Noticing any shifts in the right direction? :)	Rate	4	26	130	
August Rinehart	Card 4 (Quiz): Body scan: Where do you feel stress the most?	Quiz	4	27	131	My back My neck and shoulders feel tense My energy is low
Devin Mulac	Card 4 (Quiz): Body scan: Where do you feel stress the most?	Quiz	4	27	131	My neck and shoulders feel tense
Hugo Crainich	Card 4 (Quiz): Body scan: Where do you feel stress the most?	Quiz	4	27	131	Stomach issues
Quinn Ledak	Card 4 (Quiz): Body scan: Where do you feel stress the most?	Quiz	4	27	131	Stomach issues My energy is low
Anonymous learner	Card 4 (Quiz): Body scan: Where do you feel stress the most?	Quiz	4	27	131	My back
August Rinehart	Card 5 (Poll): Quick pulse check How much does physical stress affect you?(e.g. body aches, posture, eye strain)	Poll	4	28	132	2—A little bit
Devin Mulac	Card 5 (Poll): Quick pulse check How much does physical stress affect you?(e.g. body aches, posture, eye strain)	Poll	4	28	132	2—A little bit

Hugo Crainich	Card 5 (Poll): Quick pulse check How much does physical stress affect you?(e.g. body aches, posture, eye strain)	Poll	4	28	132	2—A little bit
Quinn Ledak	Card 5 (Poll): Quick pulse check How much does physical stress affect you?(e.g. body aches, posture, eye strain)	Poll	4	28	132	2—A little bit
Anonymous learner	Card 5 (Poll): Quick pulse check How much does physical stress affect you?(e.g. body aches, posture, eye strain)	Poll	4	28	132	3—Quite a bit
August Rinehart	Card 10 (Form): During or after a dedicated work or study session, what kinds of things do you notice in your body?	Form	4	29	137	Neck pain, back pain, anxiety in chest
Devin Mulac	Card 10 (Form): During or after a dedicated work or study session, what kinds of things do you notice in your body?	Form	4	29	137	Muscle tension. Legs get very antsy, and my neck and back get stiff and sore
Hugo Crainich	Card 10 (Form): During or after a dedicated work or study session, what kinds of things do you notice in your body?	Form	4	29	137	Lots of energy
Quinn Ledak	Card 10 (Form): During or after a dedicated work or study session, what kinds of things do you notice in your body?	Form	4	29	137	I frequently move for work but often feel tired after a long day
Anonymous learner	Card 10 (Form): During or after a dedicated work or study session, what kinds of things do you notice in your body?	Form	4	29	137	achy
Devin Mulac	Card 32 (Poll): Future proof your health. What habit will you focus on today?	Poll	4	30	159	Move regularly throughout the day
Hugo Crainich	Card 32 (Poll): Future proof your health. What habit will you focus on today?	Poll	4	30	159	Move regularly throughout the day
Quinn Ledak	Card 32 (Poll): Future proof your health. What habit will you focus on today?	Poll	4	30	159	Move regularly throughout the day
Anonymous learner	Card 32 (Poll): Future proof your health. What habit will you focus on today?	Poll	4	30	159	Exercise
Devin Mulac	Card 34 (Submit media): When you're overwhelmed, anxious, or shut down—describe how moving helps you?	Submit media	4	31	161	Exercise has always helped me feel better when I'm feeling crummy or down. I at least knew that from a young age that you get the big endorphin release when you exercise, so I've always used that kind of a strategy. Not that I always actually do it, but I know that it's there. But definitely tend to, I think bike rides probably would be my biggest one. when I'm feeling pretty crummy, just go out for a nice bike ride. So, yeah.
Hugo Crainich	Card 34 (Submit media): When you're overwhelmed, anxious, or shut down—describe how moving helps you?	Submit media	4	31	161	In every way. For me, when I'm stressed out or tired, first of all, it distracts you when you're moving and actively, maybe doing an activity. You'll be distracted from something that you might be worried about, but it also just makes you feel better overall. Like, being tired from physical activity is good for your mind when you're stressed, in my opinion.
Devin Mulac	Card 37 (Poll): Looking back... Did this lesson offer a body-based strategy you might use to handle physical stress?	Poll	4	32	164	2—A little bit
Hugo Crainich	Card 37 (Poll): Looking back... Did this lesson offer a body-based strategy you might use to handle physical stress?	Poll	4	32	164	2—A little bit
Quinn Ledak	Card 37 (Poll): Looking back... Did this lesson offer a body-based strategy you might use to handle physical stress?	Poll	4	32	164	3—Quite a bit
Anonymous learner	Card 37 (Poll): Looking back... Did this lesson offer a body-based strategy you might use to handle physical stress?	Poll	4	32	164	4—Very much
August Rinehart	Card 3 (Rate): How's your body feeling? Are you working some movement into your day?	Rate	5	33	169	
Devin Mulac	Card 3 (Rate): How's your body feeling? Are you working some movement into your day?	Rate	5	33	169	
Fatima Bugaighis	Card 3 (Rate): How's your body feeling? Are you working some movement into your day?	Rate	5	33	169	
Hugo Crainich	Card 3 (Rate): How's your body feeling? Are you working some movement into your day?	Rate	5	33	169	
Hugo Crainich	Card 3 (Rate): How's your body feeling? Are you working some movement into your day?	Rate	5	33	169	
Quinn Ledak	Card 3 (Rate): How's your body feeling? Are you working some movement into your day?	Rate	5	33	169	
Anonymous learner	Card 3 (Rate): How's your body feeling? Are you working some movement into your day?	Rate	5	33	169	
August Rinehart	Card 4 (Poll): Quick pulse check How much does sleep affect your quality of life?	Poll	5	34	170	4—Very much
Devin Mulac	Card 4 (Poll): Quick pulse check How much does sleep affect your quality of life?	Poll	5	34	170	4—Very much
Fatima Bugaighis	Card 4 (Poll): Quick pulse check How much does sleep affect your quality of life?	Poll	5	34	170	3—Quite a bit
Hugo Crainich	Card 4 (Poll): Quick pulse check How much does sleep affect your quality of life?	Poll	5	34	170	4—Very much
Quinn Ledak	Card 4 (Poll): Quick pulse check How much does sleep affect your quality of life?	Poll	5	34	170	4—Very much
August Rinehart	Card 7 (Quiz): Be honest. How would you rate the quality of your sleep?	Quiz	5	35	173	Ok. I wish I had better quality sleep.
Devin Mulac	Card 7 (Quiz): Be honest. How would you rate the quality of your sleep?	Quiz	5	35	173	Good. Most days I sleep pretty well.
Fatima Bugaighis	Card 7 (Quiz): Be honest. How would you rate the quality of your sleep?	Quiz	5	35	173	Good. Most days I sleep pretty well.
Hugo Crainich	Card 7 (Quiz): Be honest. How would you rate the quality of your sleep?	Quiz	5	35	173	Good. Most days I sleep pretty well.
Quinn Ledak	Card 7 (Quiz): Be honest. How would you rate the quality of your sleep?	Quiz	5	35	173	Good. Most days I sleep pretty well.

August Rinehart	Card 8 (Poll): How much time do you spend on your phone before bed?	Poll	5	36	174	Over 1 hour (Oops...might as well be a full episode of Netflix)
Devin Mulac	Card 8 (Poll): How much time do you spend on your phone before bed?	Poll	5	36	174	Less than 15 minutes (we call that 'screen-light')
Fatima Bugaighis	Card 8 (Poll): How much time do you spend on your phone before bed?	Poll	5	36	174	30-60 minutes (classic unwind mode)
Hugo Crainich	Card 8 (Poll): How much time do you spend on your phone before bed?	Poll	5	36	174	30-60 minutes (classic unwind mode)
Quinn Ledak	Card 8 (Poll): How much time do you spend on your phone before bed?	Poll	5	36	174	15-30 minutes (a quick scroll—keeping it chill)
August Rinehart	Card 17 (Form): What came up?	Form	5	37	183	Phone, early work
Devin Mulac	Card 17 (Form): What came up?	Form	5	37	183	Not too much. Sleep is like one thing in my life I actually have a good handle on
Hugo Crainich	Card 17 (Form): What came up?	Form	5	37	183	Whenever I sleep too late it's due to me not feeling tired and not wanting to spend 2 hours trying to fall asleep
Quinn Ledak	Card 17 (Form): What came up?	Form	5	37	183	screen time before bed, late nights at work, chores
August Rinehart	Card 24 (Form): Get intentional. Write one thing you could do to chill out in the evening that doesn't involve screens?	Form	5	38	190	Read before bed
Devin Mulac	Card 24 (Form): Get intentional. Write one thing you could do to chill out in the evening that doesn't involve screens?	Form	5	38	190	Foam rolling and stretching!
Fatima Bugaighis	Card 24 (Form): Get intentional. Write one thing you could do to chill out in the evening that doesn't involve screens?	Form	5	38	190	Read
Hugo Crainich	Card 24 (Form): Get intentional. Write one thing you could do to chill out in the evening that doesn't involve screens?	Form	5	38	190	Walk
Quinn Ledak	Card 24 (Form): Get intentional. Write one thing you could do to chill out in the evening that doesn't involve screens?	Form	5	38	190	reading
August Rinehart	Card 30 (Quiz): What sleep habit(s) will you focus on today?	Quiz	5	39	196	Set a consistent bedtime (same 30-min window each night) No scrolling in bed (try music, a podcast, or journaling) Create a short wind-down routine (stretch, wash up, dim lights)
Devin Mulac	Card 30 (Quiz): What sleep habit(s) will you focus on today?	Quiz	5	39	196	No scrolling in bed (try music, a podcast, or journaling)
Fatima Bugaighis	Card 30 (Quiz): What sleep habit(s) will you focus on today?	Quiz	5	39	196	No scrolling in bed (try music, a podcast, or journaling)
Hugo Crainich	Card 30 (Quiz): What sleep habit(s) will you focus on today?	Quiz	5	39	196	Set a consistent bedtime (same 30-min window each night) Create a short wind-down routine (stretch, wash up, dim lights) Avoid caffeine after 2pm (so sleep comes easier, deeper) Use "DND" mode overnight (no late notifications)
Quinn Ledak	Card 30 (Quiz): What sleep habit(s) will you focus on today?	Quiz	5	39	196	No scrolling in bed (try music, a podcast, or journaling)
August Rinehart	Card 32 (Form): What's actually getting in the way when you stay up later than you want? What usually happens? What keeps you up? What do you wish you'd done instead?	Form	5	40	198	I usually am watching reels, or have work I need to be completing
Devin Mulac	Card 32 (Form): What's actually getting in the way when you stay up later than you want? What usually happens? What keeps you up? What do you wish you'd done instead?	Form	5	40	198	Going to sleep at a good time or falling asleep aren't usually my issue. My challenge is staying asleep for the last 2-3 hours and not waking every
Fatima Bugaighis	Card 32 (Form): What's actually getting in the way when you stay up later than you want? What usually happens? What keeps you up? What do you wish you'd done instead?	Form	5	40	198	i should just go to bed
Hugo Crainich	Card 32 (Form): What's actually getting in the way when you stay up later than you want? What usually happens? What keeps you up? What do you wish you'd done instead?	Form	5	40	198	Not being able to sleep, feeling more bored rather than tired, I usually just then do something on a screen until I'm tired enough to fall asleep within 5-10 minutes. I don't really wish I had done anything instead.
Quinn Ledak	Card 32 (Form): What's actually getting in the way when you stay up later than you want? What usually happens? What keeps you up? What do you wish you'd done instead?	Form	5	40	198	working late and want more time to relax before the next day. I could get more of the necessities done earlier in the day like meal prepping, cleaning
August Rinehart	Card 33 (Form): According to Harvard researchers, identifying wins boosts motivation. Tell us about your top win for the week.	Form	5	41	199	Top win was going to the beach with my mom
Devin Mulac	Card 33 (Form): According to Harvard researchers, identifying wins boosts motivation. Tell us about your top win for the week.	Form	5	41	199	Played a great round of golf over the weekend!
Fatima Bugaighis	Card 33 (Form): According to Harvard researchers, identifying wins boosts motivation. Tell us about your top win for the week.	Form	5	41	199	getting a refund
Hugo Crainich	Card 33 (Form): According to Harvard researchers, identifying wins boosts motivation. Tell us about your top win for the week.	Form	5	41	199	Not sure if this is related to this course or not, but my overall top win is finally getting an apartment for me to live in for my college semester.
Quinn Ledak	Card 33 (Form): According to Harvard researchers, identifying wins boosts motivation. Tell us about your top win for the week.	Form	5	41	199	nutrition has been spot on
August Rinehart	Card 34 (Form): What was challenging? Something that took more effort than expected or didn't go as you'd hoped.	Form	5	42	200	Something that was challenging was sleeping too little
Devin Mulac	Card 34 (Form): What was challenging? Something that took more effort than expected or didn't go as you'd hoped.	Form	5	42	200	Getting up Sunday morning after a late night our Saturday was tough haha
Fatima Bugaighis	Card 34 (Form): What was challenging? Something that took more effort than expected or didn't go as you'd hoped.	Form	5	42	200	starting my car bc it

Hugo Crainich	Card 34 (Form): What was challenging? Something that took more effort than expected or didn't go as you'd hoped.	Form	5	42	200	Sleeping on time before a big event that required my best self 2 days ago.
Quinn Ledak	Card 34 (Form): What was challenging? Something that took more effort than expected or didn't go as you'd hoped.	Form	5	42	200	managing recovery from lots of physical activity
August Rinehart	Card 35 (Form): Share one new habit that you feel good about or is a 'sticky' habit - one that you found easy to keep rolling with.	Form	5	43	201	Trying to not be on my phone in the mornings
Devin Mulac	Card 35 (Form): Share one new habit that you feel good about or is a 'sticky' habit - one that you found easy to keep rolling with.	Form	5	43	201	Maui habit
Fatima Bugaighis	Card 35 (Form): Share one new habit that you feel good about or is a 'sticky' habit - one that you found easy to keep rolling with.	Form	5	43	201	brushing my teeth
Quinn Ledak	Card 35 (Form): Share one new habit that you feel good about or is a 'sticky' habit - one that you found easy to keep rolling with.	Form	5	43	201	meal prepping lunch
August Rinehart	Card 39 (Poll): Looking back... Do you feel clear on how sleep impacts your daily life?	Poll	5	44	205	3—Quite a bit
Devin Mulac	Card 39 (Poll): Looking back... Do you feel clear on how sleep impacts your daily life?	Poll	5	44	205	4—Very much
Fatima Bugaighis	Card 39 (Poll): Looking back... Do you feel clear on how sleep impacts your daily life?	Poll	5	44	205	4—Very much
Quinn Ledak	Card 39 (Poll): Looking back... Do you feel clear on how sleep impacts your daily life?	Poll	5	44	205	3—Quite a bit
Fatima Bugaighis	Card 42 (Submit media): What brings you joy? Share a pic of something that brought you joy recently.	Submit me	5	45	208	The image shows three young people enjoying a sunny day on a swan-shaped pedal boat on a lake. They are all wearing life vests and sitting comfortably under a canopy.
Devin Mulac	Card 3 (Rate): How are you feeling about the week ahead? Before we dive in—how's your headspace?	Rate	6	46	213	— Birthday tomorrow and 4th of July?! What could be better
Fatima Bugaighis	Card 3 (Rate): How are you feeling about the week ahead? Before we dive in—how's your headspace?	Rate	6	46	213	
Devin Mulac	Card 4 (Poll): How did your weekend adventure go?	Poll	6	47	214	I balanced fun and rest
Fatima Bugaighis	Card 4 (Poll): How did your weekend adventure go?	Poll	6	47	214	I crushed it! Tons of fun, barely touched my phone
Devin Mulac	Card 5 (Quiz): What are your top wins from last week?	Quiz	6	48	215	I'm less stuck in my head
Fatima Bugaighis	Card 5 (Quiz): What are your top wins from last week?	Quiz	6	48	215	I'm moving more and it feels good
Devin Mulac	Card 7 (Poll): Quick pulse check How much is focus or productivity a challenge for you? (e.g. procrastination, multitasking, distractions)	Poll	6	49	217	2—A little bit
Fatima Bugaighis	Card 7 (Poll): Quick pulse check How much is focus or productivity a challenge for you? (e.g. procrastination, multitasking, distractions)	Poll	6	49	217	4—Very much
Devin Mulac	Card 16 (Rate): Rate yourself on your ability to do focused work when you have to get something done.	Rate	6	50	226	
Fatima Bugaighis	Card 16 (Rate): Rate yourself on your ability to do focused work when you have to get something done.	Rate	6	50	226	
Devin Mulac	Card 17 (Quiz): What robs your focus or gets in the way?	Quiz	6	51	227	Get lost in my phone Feeling scattered, disorganized
Fatima Bugaighis	Card 17 (Quiz): What robs your focus or gets in the way?	Quiz	6	51	227	Stayed up too late, I'm beat Get lost in my phone Trouble getting motivated I'm not invested Feeling scattered, disorganized
Devin Mulac	Card 21 (Form): What's one thing you want to make progress on today? Type it in (e.g. Study for quiz, email coach, start paper, brainstorm ideas)	Form	6	52	231	Schedule my clients
Fatima Bugaighis	Card 21 (Form): What's one thing you want to make progress on today? Type it in (e.g. Study for quiz, email coach, start paper, brainstorm ideas)	Form	6	52	231	do my homework
Devin Mulac	Card 24 (Quiz): Where do you get your best work done?	Quiz	6	53	234	My dorm or room
Fatima Bugaighis	Card 24 (Quiz): Where do you get your best work done?	Quiz	6	53	234	Coffee shop or student union Other
Devin Mulac	Card 25 (Poll): Time of day matters. When are you most productive?	Poll	6	54	235	Mid-Morning - My focus peaks between 9 AM and 12 PM
Fatima Bugaighis	Card 25 (Poll): Time of day matters. When are you most productive?	Poll	6	54	235	Afternoon - I work best from 12 to 3 PM
Devin Mulac	Card 26 (Quiz): What helps you feel focused while working?	Quiz	6	55	236	Music or headphones No distractions in sight
Fatima Bugaighis	Card 26 (Quiz): What helps you feel focused while working?	Quiz	6	55	236	Music or headphones A drink/snack nearby Good lighting / window view Pen & paper over screens
Devin Mulac	Card 39 (Poll): Looking back... Did this lesson shift how you think about focus/ productivity?	Poll	6	56	249	4 — Very helpful
Fatima Bugaighis	Card 39 (Poll): Looking back... Did this lesson shift how you think about focus/ productivity?	Poll	6	56	249	4 — Very helpful
Devin Mulac	Card 3 (Rate): Check in! Last lesson was about feeling connected to people. Face to face. Did you try to be more connected?	Rate	7	57	255	
Fatima Bugaighis	Card 3 (Rate): Check in! Last lesson was about feeling connected to people. Face to face. Did you try to be more connected?	Rate	7	57	255	

Keira Boyle	Card 3 (Rate): Check in! Last lesson was about feeling connected to people. Face to face. Did you try to be more connected?	Rate	7	57	255	
Devin Mulac	Card 5 (Poll): Quick pulse check How much do you consider screen time an issue in your life?	Poll	7	58	257	4—Quite a bit
Fatima Bugaighis	Card 5 (Poll): Quick pulse check How much do you consider screen time an issue in your life?	Poll	7	58	257	5—Very much
Keira Boyle	Card 5 (Poll): Quick pulse check How much do you consider screen time an issue in your life?	Poll	7	58	257	5—Very much
Devin Mulac	Card 7 (Poll): How does social media usually leave you feeling?	Poll	7	59	259	Numb or distracted
Fatima Bugaighis	Card 7 (Poll): How does social media usually leave you feeling?	Poll	7	59	259	Disconnected or left out
Keira Boyle	Card 7 (Poll): How does social media usually leave you feeling?	Poll	7	59	259	Numb or distracted
Devin Mulac	Card 21 (Quiz): How is social media shaping your sense of self?	Quiz	7	60	273	I feel fine—social media doesn't really shake me
Fatima Bugaighis	Card 21 (Quiz): How is social media shaping your sense of self?	Quiz	7	60	273	I feel left out (FOMO) I don't feel good about how I look I compare myself and feel less confident I question if I'm doing enough
Keira Boyle	Card 21 (Quiz): How is social media shaping your sense of self?	Quiz	7	60	273	I don't feel good about how I look I compare myself and feel less confident I question if I'm doing enough
Devin Mulac	Card 23 (Form): Open your feed for 60 seconds. Notice who shows up first. How do you feel: better, worse, or just... tired?	Form	7	61	275	Like I just lost a minute I won't get back
Keira Boyle	Card 23 (Form): Open your feed for 60 seconds. Notice who shows up first. How do you feel: better, worse, or just... tired?	Form	7	61	275	I feel worse. I'm constantly comparing myself to other people (specifically women) that I see on social media and it lowers my self esteem. I know it's bad for me but im still addicted.
Devin Mulac	Card 29 (Submit media): Share an example of something you have seen or experienced that relates to this.	Submit media	7	62	281	Being in the personal training world, everyone's always trying to compare themselves to the next best athlete. I mean, it's super common to have clients pull up videos from YouTube or Instagram and be like, hey, look at this. This is pretty crazy. Blah, blah, blah. How come I can't do this? So people definitely get caught up. Social media definitely amplifies and is a platform for those people who are, like, the highest echelon of whatever their skill or thing they're good at is. And they can really project that, but they're like the one percenters, and I think it's really hard for people to remember that.
Devin Mulac	Card 30 (Submit media): Now, get specific—write down any apps, friend groups, or types of content that stress you out. Or leave you feeling wired, mad, or just... off?	Submit media	7	63	282	TikTok or like any sort of reels that are just like 8 to 10 second clips, stress me out. So I've personally never had TikTok downloaded on my phone a single time in my life and don't use Instagram much. I tend to use social media pretty much just for, like, talking to friends or keeping up with them.
Devin Mulac	Card 35 (Poll): When are you most likely to get lost in scrolling?	Poll	7	64	287	While eating
Fatima Bugaighis	Card 35 (Poll): When are you most likely to get lost in scrolling?	Poll	7	64	287	When I'm overwhelmed or anxious
Devin Mulac	Card 43 (Poll): Which action feels most helpful now? What would help you feel more in control?	Poll	7	65	295	Take a 15-min "no feed" break
Fatima Bugaighis	Card 43 (Poll): Which action feels most helpful now? What would help you feel more in control?	Poll	7	65	295	Share something that feels real or write a positive thing about someone
Devin Mulac	Card 44 (Form): What are you going to do?	Form	7	66	296	Put my phone in a different room!
Devin Mulac	Card 45 (Poll): Looking back... Did this lesson offer a strategy you might use to change your social media habits?	Poll	7	67	297	4—Very helpful
Fatima Bugaighis	Card 45 (Poll): Looking back... Did this lesson offer a strategy you might use to change your social media habits?	Poll	7	67	297	3—Quite helpful
Fatima Bugaighis	Card 3 (Quiz): How are you feeling today? Stressed —> calm...	Quiz	8	68	303	Holding steady
Anonymous learner	Card 3 (Quiz): How are you feeling today? Stressed —> calm...	Quiz	8	68	303	Holding steady
Fatima Bugaighis	Card 6 (Poll): Quick pulse check How much do you consider stress or anxiety an issue in your life?	Poll	8	69	306	5—Very much
Anonymous learner	Card 6 (Poll): Quick pulse check How much do you consider stress or anxiety an issue in your life?	Poll	8	69	306	3—Somewhat
Fatima Bugaighis	Card 8 (Quiz): Look back – what triggered stress recently?	Quiz	8	70	308	Worrying about \$
Fatima Bugaighis	Card 12 (Quiz): What do you notice first when you're stressed?	Quiz	8	71	312	Phone scroll, spiral
Fatima Bugaighis	Card 19 (Quiz): 1 – Name It to Tame It What are you feeling right now?	Quiz	8	72	319	Frustrated Overloaded Alone Anxious
Fatima Bugaighis	Card 28 (Quiz): How do you feel now, compared to earlier?	Quiz	8	73	328	Less in my head now Calmer and more clear
Fatima Bugaighis	Card 35 (Poll): Looking back... Did this lesson shift how you think about stress or how to respond to it?	Poll	8	74	335	2—A little bit
Fatima Bugaighis	Card 3 (Rate): But first! Have you been checking in with yourself? Trying to reset as needed?	Rate	9	75	340	
Nevin Morton	Card 3 (Rate): But first! Have you been checking in with yourself? Trying to reset as needed?	Rate	9	75	340	
Ryan Austin	Card 3 (Rate): But first! Have you been checking in with yourself? Trying to reset as needed?	Rate	9	75	340	
Fatima Bugaighis	Card 5 (Poll): Quick pulse check How connected do you feel to people in your life? (e.g. spending time in person, talking face-to-face, feeling supported)	Poll	9	76	342	1—Not at all

Nevin Morton	Card 5 (Poll): Quick pulse check How connected do you feel to people in your life? (e.g. spending time in person, talking face-to-face, feeling supported)	Poll	9	76	342	4—Very much
Fatima Bugaighis	Card 8 (Rate): How socially connected do you feel?	Rate	9	77	345	— na
Nevin Morton	Card 8 (Rate): How socially connected do you feel?	Rate	9	77	345	
Fatima Bugaighis	Card 9 (Poll): Do you think connection is something you can improve with practice?	Poll	9	78	346	Maybe—depends on the day
Nevin Morton	Card 9 (Poll): Do you think connection is something you can improve with practice?	Poll	9	78	346	Yes, for sure
Fatima Bugaighis	Card 20 (Poll): Quick gut check. Do your interactions feel different when you're glued to your screen?	Poll	9	79	357	Nope, never really thought about it.
Nevin Morton	Card 20 (Poll): Quick gut check. Do your interactions feel different when you're glued to your screen?	Poll	9	79	357	Sometimes—it depends on the moment.
Fatima Bugaighis	Card 37 (Poll): Which of these feels doable for you this week?	Poll	9	80	374	Reach out to someone I've been missing
Fatima Bugaighis	Card 38 (Poll): And, who would you like to be more present with this week?	Poll	9	81	375	My family
Fatima Bugaighis	Card 42 (Form): What's one way you want to feel more connected this week? Write it down here—what's your (simple) connection goal?	Form	9	82	379	talking to my family mkre
Fatima Bugaighis	Card 45 (Quiz): How confident are you about making one small shift in how you connect IRL?	Quiz	9	83	382	Pretty confident
Fatima Bugaighis	Card 48 (Poll): Looking back... Did this lesson offer a strategy you might use to build stronger real-life connection?	Poll	9	84	385	4—Very helpful
Fatima Bugaighis	Card 5 (Quiz): Which areas feel different—even a little.	Quiz	10	85	392	I've been sleeping better
Quinn Ledak	Card 5 (Quiz): Which areas feel different—even a little.	Quiz	10	85	392	I cut down on screen time and social media
Anonymous learn	Card 5 (Quiz): Which areas feel different—even a little.	Quiz	10	85	392	I feel more connected with people I've been sleeping better
Anonymous learn	Card 5 (Quiz): Which areas feel different—even a little.	Quiz	10	85	392	I was able to manage my stress better I cut down on screen time and social media
Anonymous learn	Card 6 (Submit media): Please tell us more. Share any shifts you've noticed since over the past few weeks.	Submit me	10	86	393	I just noticed that kind of having something that makes me more intentional about my phone usage is good for me because it's something that I think about a lot. How much I kind of want to get off my phone and how much I am using it as like a distraction when I'm stressed or just even bored. But having, like a program like this that I'm doing that actually kind of forces me to think about it every day. Is like, far more effective than just trying to do it all by myself, like, kind of cold turkey, almost.
Fatima Bugaighis	Card 7 (Poll): Pick the one area where you've felt the greatest impact?	Poll	10	87	394	Stress management
Quinn Ledak	Card 7 (Poll): Pick the one area where you've felt the greatest impact?	Poll	10	87	394	Screentime use
Anonymous learn	Card 7 (Poll): Pick the one area where you've felt the greatest impact?	Poll	10	87	394	Productivity
Anonymous learn	Card 7 (Poll): Pick the one area where you've felt the greatest impact?	Poll	10	87	394	Screentime use
Fatima Bugaighis	Card 10 (Quiz): How have you been feeling generally?	Quiz	10	88	397	Holding steady
Quinn Ledak	Card 10 (Quiz): How have you been feeling generally?	Quiz	10	88	397	Holding steady
Anonymous learn	Card 10 (Quiz): How have you been feeling generally?	Quiz	10	88	397	Stressed
Anonymous learn	Card 10 (Quiz): How have you been feeling generally?	Quiz	10	88	397	Kinda off Holding steady
Fatima Bugaighis	Card 17 (Poll): Rate your follow-through on the Action Steps in each lesson.	Poll	10	89	404	Still Trying - Work in progress, getting better.
Quinn Ledak	Card 17 (Poll): Rate your follow-through on the Action Steps in each lesson.	Poll	10	89	404	Hit or Miss - Some steps were great, others not.
Anonymous learn	Card 17 (Poll): Rate your follow-through on the Action Steps in each lesson.	Poll	10	89	404	Hit or Miss - Some steps were great, others not.
Anonymous learn	Card 17 (Poll): Rate your follow-through on the Action Steps in each lesson.	Poll	10	89	404	Pretty Good! - Did most steps, felt benefits.
Fatima Bugaighis	Card 23 (Poll): How rested do you feel most mornings?	Poll	10	90	410	Better. I'm noticing small wins.
Quinn Ledak	Card 23 (Poll): How rested do you feel most mornings?	Poll	10	90	410	Better. I'm noticing small wins.
Anonymous learn	Card 23 (Poll): How rested do you feel most mornings?	Poll	10	90	410	Meh—sometimes okay, mostly tired
Anonymous learn	Card 23 (Poll): How rested do you feel most mornings?	Poll	10	90	410	Better. I'm noticing small wins.
Quinn Ledak	Card 25 (Form): Name one tech distraction that you tracked or worked on, that helped you work more productively.	Form	10	91	412	limiting scrolling time before bed
Anonymous learn	Card 25 (Form): Name one tech distraction that you tracked or worked on, that helped you work more productively.	Form	10	91	412	Not going on my phone in the morning and putting my feet on the floor within 5 minutes
Anonymous learn	Card 25 (Form): Name one tech distraction that you tracked or worked on, that helped you work more productively.	Form	10	91	412	phone use before bed
Fatima Bugaighis	Card 29 (Quiz): Did you notice your stress signals earlier? Make space instead of distracting yourself? What tactics did you try out?	Quiz	10	92	416	Interrupted the pattern (walk, jumping jacks)
Quinn Ledak	Card 29 (Quiz): Did you notice your stress signals earlier? Make space instead of distracting yourself? What tactics did you try out?	Quiz	10	92	416	Self check-in

Anonymous learner	Card 29 (Quiz): Did you notice your stress signals earlier? Make space instead of distracting yourself? What tactics did you try out?	Quiz	10	92	416	Interrupted the pattern (walk, jumping jacks)
Anonymous learner	Card 29 (Quiz): Did you notice your stress signals earlier? Make space instead of distracting yourself? What tactics did you try out?	Quiz	10	92	416	Self check-in Interrupted the pattern (walk, jumping jacks)
Anonymous learner	Card 32 (Submit media): Do you feel more connected? Did you have more meaningful conversations; feel more present, less FOMO?	Submit media	10	93	419	I felt a little bit more connected, more balanced in who I was connected to overall, kind of spreading out who I was connected to. Instead of just the same people every day.
Anonymous learner	Card 32 (Submit media): Do you feel more connected? Did you have more meaningful conversations; feel more present, less FOMO?	Submit media	10	93	419	I'm pretty grateful that I kind of feel like here. My connections, like with my mom and friends, are still pretty strong in the first place. But I definitely notice that when I am more mindful, they are a bit stronger, for sure.
Fatima Bugaighis	Card 34 (Quiz): If you were to dive deeper in one SLLM area what would that be?	Quiz	10	94	421	Sleep better and recover faster
Quinn Ledak	Card 34 (Quiz): If you were to dive deeper in one SLLM area what would that be?	Quiz	10	94	421	Sleep better and recover faster
Anonymous learner	Card 34 (Quiz): If you were to dive deeper in one SLLM area what would that be?	Quiz	10	94	421	Be more productive
Anonymous learner	Card 34 (Quiz): If you were to dive deeper in one SLLM area what would that be?	Quiz	10	94	421	Using screens with more intention
Fatima Bugaighis	Card 35 (Form): What are you most proud of from this experience?	Form	10	95	422	keeping goals
Quinn Ledak	Card 35 (Form): What are you most proud of from this experience?	Form	10	95	422	I was able to get back on track and finish after taking some breaks
Anonymous learner	Card 35 (Form): What are you most proud of from this experience?	Form	10	95	422	On my phone less in the morning
Anonymous learner	Card 35 (Form): What are you most proud of from this experience?	Form	10	95	422	being more aware of my bad habits and how i manage my stress and time
Fatima Bugaighis	Card 36 (Form): What's one choice you made this week that took was particularly hard for you?	Form	10	96	423	limiting screen time
Quinn Ledak	Card 36 (Form): What's one choice you made this week that took was particularly hard for you?	Form	10	96	423	putting my phone away before bed
Anonymous learner	Card 36 (Form): What's one choice you made this week that took was particularly hard for you?	Form	10	96	423	Type in this slide- one choice I made this week that was hard was getting off my phone in the morning and at night more
Anonymous learner	Card 36 (Form): What's one choice you made this week that took was particularly hard for you?	Form	10	96	423	not getting sucked into my phone before bed
Fatima Bugaighis	Card 39 (Form): What are you most excited to take with you ?	Form	10	97	426	New povs
Quinn Ledak	Card 39 (Form): What are you most excited to take with you ?	Form	10	97	426	awareness of screen time and when I am scrolling mindlessly
Anonymous learner	Card 39 (Form): What are you most excited to take with you ?	Form	10	97	426	General information and statistics about wellness in my life
Anonymous learner	Card 39 (Form): What are you most excited to take with you ?	Form	10	97	426	mindful practice tips to bring myself back when i'm feeling overwhelmed
Fatima Bugaighis	Card 40 (Poll): How confident do you feel about continuing to build new habits on your own?	Poll	10	98	427	3—Quite a bit
Quinn Ledak	Card 40 (Poll): How confident do you feel about continuing to build new habits on your own?	Poll	10	98	427	3—Quite a bit
Anonymous learner	Card 40 (Poll): How confident do you feel about continuing to build new habits on your own?	Poll	10	98	427	3—Quite a bit
Anonymous learner	Card 40 (Poll): How confident do you feel about continuing to build new habits on your own?	Poll	10	98	427	3—Quite a bit