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Digital Habits Challenge

1 message

Google Forms <forms-receipts-noreply@google.com>
To: snordberg29@lawrenceville.org

Tue, Sep 23, 2025 at 11:52 AM

Google Forms

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Digital Habits Challenge

Consider all that we discussed in class today regarding digital citizenship, screen time, and finding balance with technology in our every day lives.

Your email (snordberg29@lawrenceville.org) was recorded when you submitted this form.

Choose one digital habit that you want to change or do differently. Why is it important that you change this habit? *

I would like to stop checking my phone immediately after classes for new messages. Changing this habit is important because I should not be addicted to the dopamine feedback loop.

Challenge yourself. Make a plan for how you would like to change your habit. Consider when you will do something different and what you can do instead.

(When we're trying to change a habit, it's not enough just to say what we *won't* do. We also have to come up with something to do instead!) *

I will turn my phone off do not disturb after class but not check messages, email inbox or snapchat unless an important message pops up.

Boost your challenge. What are some ways you can give your new habit a "boost" and make it easier to do? If you're trying to break a bad habit, what are some things you can do so that you don't slip back into old ways? *

I can start by practicing my habit today and set reminders to do this task.

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