

Living Digitally Well Checklist

Values and Goals

- Values and goals **not digital distractions** drive my day
 - I am **not my mobile** in control of my time
 - I go to bed with a dream **not with my mobile** and wake up with a vision **not with my mobile**
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Mindful Living

- I practice mindful **not mobile-absorbed** eating. I use all my senses and relish my food
 - I don't let the screens hijack my attention while my loved ones are near.
 - I connect with nature directly as a human, **not through my mobile device**
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Digital Awareness

- I don't let my mobile device harvest my attention, the scarcest resource in this age of information
- I am aware of social media distractions that suck up my time and push me away from my values