

Screen Reset Toolkit: Rewire Your Screen Habits

Trigger Tracker

When do you find yourself reaching for your screen the most?

- Time of day: _____

- What just happened? _____

- How were you feeling? _____

- What did you end up doing on your device? _____

Values Check-In

List 3 things that matter more to you than what's on your screen:

1. _____

2. _____

3. _____

When do you feel most proud or alive? What gives your day meaning?

Habit Reversal Plan

Pick one trigger from above. Choose a new behavior to try instead of going to your screen.

Trigger: _____

Instead, I will: _____

How will I make this easier to remember? _____

What will I do if I slip up? _____

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Behavioral Activation Menu

Brainstorm a few offline activities you could try when you need a break. For example, take a short walk, listen to music or a podcast, read a book or play with a pet.

Weekly Commitment

This week, I will try to:

How confident am I (0-10) that I'll follow through? _____

What could help boost that number by one point? _____