

Questions 1

What do I love about technology?
What is something I want to change about the way I use technology?

Love:
Change:

Values 2

What personal core values do I want to live by when I go online? (kindness, integrity, courage respect, gratitude, etc). **Use prompts on the back.**

Goals 3

A. What specific and measurable thing will I do this week to help my tech choices line up with my values?

B. Where will I write and display my goal so I will see it often?

C. Who will I share it with and report back to?

Choices 4

Before I click, swipe, post, play, or search--take just a **SEC!**



1 Take a deep breath. What can I see, hear, touch, taste, smell? Be present.

2 Ask, "Does what I'm about to do match who I really am?"

3 Continue OR make a different choice that DOES match who I am.

Repeat 6

Awareness 5

How do I feel? What worked or didn't work? Report back.





My Values

***When choosing core values, choose something that is within your control. It could be how you live with courage or integrity, your kindness, your attitude of gratitude, etc.*

What are personal values that have significant meaning for you?

Why are these values important to you?

What are some choices you make that are evidence of your values?



Who is someone you know that seems to share your values?

How can you tell?

What else can you do to live true to your values?

