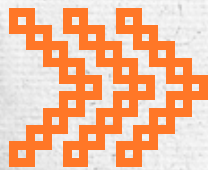


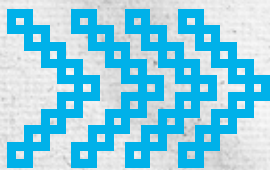
Before I click, swipe, post,
play or search--take

just a **S.E.C.**



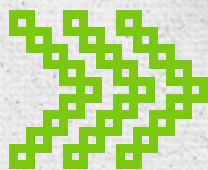
1 STOP

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



2 EVALUATE

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



3 CHOOSE

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

