

# OUR FAMILY QUEST TO HEALTHY TECH

## Mapping our Plan

### STEP 1 *Where are we now?*

How do we feel about our current tech use?

color one:



Tell me more: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What would we like to change? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### STEP 2 *What is our goal now?*

What would a "good" day of tech use look like for our family, where everyone feels balanced and happy?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Draw or write our goal idea:

### STEP 3 *Our map to reach our healthy goal:*

**P**

What is our positive goal?  
*Example: No tech zones at home*

\_\_\_\_\_

**L**

What does that look like?  
*Ex.: Setting a timer for tech use*

\_\_\_\_\_

**A**

What actions will we take?  
*Ex.: Have a partner to check in with*

\_\_\_\_\_

**N**

Now we have a plan!  
When will we start?

\_\_\_\_\_

