Screen Time Awareness

A gentle weekly worksheet to explore this habit and reflect on your experience.

This Week’s Practice

- ■ Notice screen habits
- ■ Set one clear limit
- ■ Create screen-free moments
- ■ Pause before scrolling
- ■ Replace screens with rest
- ■ End screen use intentionally

Reflection

When did screen use feel helpful or draining this week?

Weekly Intention

Gentle Reminders

• Attention is valuable.

• Rest is not wasted time.

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