**~ Digital Discernment ~ Worksheet - May 2018**

**What would you LOVE to have more time for in your life?**

 More exercise

 More rest and chilaxing

 More fun and socialising

 Learn something new, new skip or hobby

 More sleep!

 More quality time with children / nephews / nieces / grandkids

 More time with your partner or dating

 Work more

 More quality time with children / nephews / nieces / grandkids

 More time doing your Wellbeing Warriors modules and investing in your

personal development!

 Reading

 Volunteering and giving back

 Other stuff…what would enhance your life if you had the time for it?

I’d love to have time to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I’d love to have time to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I’d love to have time to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I’d love to have time to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How soon do you start to panic if the battery is running low on your phone? When do you start to get panicky? 60% 40% 25% 11%?**

\_\_\_\_\_ %

**How many emails do you get a day do you think?**  \_\_\_\_\_

**How many texts?** \_\_\_\_\_

**How many hours a day do you reckon you are you looking at a screen?** \_\_\_\_\_

TV? \_\_\_\_\_

Phone? \_\_\_\_\_

Computer? \_\_\_\_\_

Ipad? \_\_\_\_\_

**TOTAL SCREEN HOURS:** \_\_\_\_\_

*Excellent work chica! That will get you primed and ready for reflection, an increase in awareness and then CONCIOUS AND CONSIDERED ACTION as we clean up our digital work with a hefty programme of discernment. The challenges are KEY this month so make sure you are checking the Facebook Group for your daily, bite sized challenge. You will be amazed how much more clarity AND time you have just 31 days from now.*

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