

Technology Reboot 2023



Checking Our Attention

Spend the next five minutes awake with no cell phone, no laptop, and no conversation. Just sit and be and really consider how you feel as you do that.

Things to Think About

- What did you notice about yourself while sitting there?
- What did you think about?
- What did you feel?
- Was it easy or hard to do?
- Did you want to look at your phone? Your laptop?

An Activity: Phone Use Self-Assessment

- On your phone, go to Settings -> “Screen Time” (iPhone) or “Digital Wellness” (Android)
- Look at your phone use for the last 24 hours.
- Fill out the worksheet!
- (If you don’t have a log of your phone use, make your best estimate.)

Two Weeks to Consider How We Spend Our Attention

[Read Mr. Lehmann's Letter](#)

Activity, Part II

Tech Reset

Journal

- Based on your review of your own screen time, what goal can you set to help build a healthier relationship with your phone?

The Next Two Weeks

- Do you think it is important to be intentional about how we all spend our attention?
- What questions do you have about the next two weeks?
- What do you think you can learn about yourself?
- What does a successful two weeks look like for you?
