

Digital habits self- assessment worksheet

Name:

Date:

Daily screen time

How many hours do you spend on screens each day (e.g., phone, computer, TV)? Which apps or activities take up most of your screen time? Are there moments when you feel you could reduce screen time?

Habits

Do you have specific times or routines for using technology (e.g., before bed, during meals)? How often do you take breaks from screens during the day? Do you prioritise offline activities, such as hobbies or exercise, over screen time?

Triggers

What situations or emotions often lead you to increase your screen time (e.g., boredom, stress, procrastination)? Are there specific notifications or alerts that make it hard for you to focus on non-digital tasks? Do you find it challenging to disconnect, even when you're with friends or family?