

Digital Environment Assessment

Positive 4 Mind



INTRODUCTION

This assessment tool is designed to help you evaluate how your physical and digital environments either support or undermine mindful technology use. By completing each section, you'll identify specific environmental factors influencing your digital habits and discover opportunities for positive change.

PART 1: PHYSICAL SPACE ASSESSMENT

Instructions: For each statement, rate your agreement on a scale of 1-5 (1 = Strongly Disagree, 5 = Strongly Agree).

Home Environment

| Statement | Rating (1-5) | Notes |
|--|--------------|-------|
| I have designated tech-free zones in my home. | | |
| My bedroom is set up to minimize technology distractions. | | |
| My primary relaxation spaces are separate from my work technology. | | |
| Device chargers are located away from my relaxation areas. | | |
| Technology in shared spaces encourages social rather than isolated use. | | |
| My physical environment provides attractive alternatives to screen time. | | |
| Notifications and alerts are visibly/audibly minimized in my living space. | | |

Work Environment

| Statement | Rating (1-5) | Notes |
|--|-----------------|-------|
| My workspace is organized to minimize digital distractions. | | |
| I have clear visual boundaries between work and personal technology. | | |
| My work environment supports focused attention rather than multitasking. | | |
| Technology is positioned to support good ergonomics and physical wellbeing. | | |
| My workspace has natural elements (plants, natural light, etc.) to balance technology use. | | |
| I can easily put away or hide technology when not in use. | | |

Physical Environment Score: _____ out of 65

Strengths: _____

Areas for Improvement: _____

ART 2: DIGITAL ENVIRONMENT ASSESSMENT

Instructions: For each statement, rate your agreement on a scale of 1-5 (1 = Strongly Disagree, 5 = Strongly Agree).

Device Organization

| Statement | Rating (1-5) | Notes |
|---|-----------------|-------|
| My home screen contains only essential, value-aligned apps. | | |
| I organize apps into folders based on purpose rather than default arrangements. | | |
| I regularly delete unused apps and digital content. | | |
| My devices have clear visual distinction between work and personal use. | | |
| My digital files are organized in a way that reduces stress and search time. | | |
| I maintain digital boundaries between different life roles/identities. | | |

Notification Environment

| Statement | Rating (1-5) | Notes |
|--|-----------------|-------|
| I have customized notifications to minimize interruptions. | | |
| My devices have scheduled Do Not Disturb periods. | | |
| I've disabled notifications for non-essential applications. | | |
| Different notification sounds/styles help me prioritize responses. | | |
| My notification settings differ between work and personal time. | | |
| I regularly review and adjust notification settings based on my needs. | | |

Digital Tools & Features

| Statement | Rating (1-5) | Notes |
|--|-----------------|-------|
| I use screen time tracking tools to monitor my technology use. | | |
| I've enabled digital wellbeing features on my devices. | | |
| I employ focus mode or similar features during concentrated work. | | |
| My devices have night mode/blue light filters scheduled. | | |
| I use tools that support my values (e.g., content filters, time limits). | | |
| I've customized my search engines and browsers to reduce distractions. | | |
| My subscriptions and algorithms are curated to support my goals. | | |

Digital Environment Score: _____ out of 95

Strengths: _____

Areas for Improvement: _____

PART 3: ENVIRONMENTAL INFLUENCES MAPPING

Instructions: Identify specific environmental triggers that affect your technology use patterns.

Physical Environment Triggers

| Environmental Trigger | Associated Behavior | Supportive or Undermining? | Potential Modifications |
|-----------------------|---------------------|----------------------------|-------------------------|
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Digital Environment Triggers

| Environmental Trigger | Associated Behavior | Supportive or Undermining? | Potential Modifications |
|-----------------------|---------------------|----------------------------|-------------------------|
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PART 4: ENVIRONMENT REDESIGN PLAN

Instructions: Based on your assessments above, outline specific changes to improve your digital environment.

Physical Environment Changes

| Priority | Change Description | Resources Needed | Timeline | Expected Impact |
|----------|--------------------|------------------|----------|-----------------|
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Digital Environment Changes

| Priority | Change Description | Resources Needed | Timeline | Expected Impact |
|----------|--------------------|------------------|----------|-----------------|
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PART 5: MAINTENANCE & EVALUATION PLAN

How will you maintain your improved environments?

How often will you reassess your environments?

What metrics will indicate success?

How will you prevent environmental drift back to old patterns?

REFLECTION QUESTIONS

1. How do your current environments reflect or conflict with your values around technology use?

2. Which environmental factors have the strongest influence on your technology habits?

3. What aspect of your environment would be most impactful to change?

4. How might others in your household or workplace be affected by or involved in these changes?

ACTION COMMITMENT

Based on this assessment, I commit to making the following three environmental changes within the next 30 days:

1.

2.

3.

Name:

 Date:

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DISCLAIMER

This Digital Environment Assessment is provided for informational and educational purposes only. It is not intended to serve as or replace professional psychological, medical, legal, or financial advice. The strategies and suggestions contained in this assessment may not be suitable for everyone.

Results from using this assessment will vary depending on individual circumstances, consistency of application, and personal factors. Positive4Mind.com makes no guarantees regarding outcomes or results that may be achieved through the use of this assessment.

By using this assessment, you acknowledge that evaluating and modifying your digital environment is a personal process and that you are solely responsible for your choices, actions, and their consequences. If you are experiencing significant distress related to technology use or mental health challenges, please consult with a qualified healthcare professional.

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