

Technology Intention-Setting Guide

positive4mind.com



Introduction

Welcome to your Technology Intention-Setting Guide from positive4mind.com. In today's hyperconnected world, technology has become an integral part of our daily lives. While it offers numerous benefits, it can also lead to distraction, stress, and disconnection from what truly matters. This guide will help you develop a more mindful and intentional relationship with your digital tools.

Part 1: Assessing Your Current Technology Use

Take inventory of your digital consumption:

- **Time spent daily on:**
 - Social media: _____ hours
 - Email: _____ hours
 - Entertainment (streaming, gaming): _____ hours
 - Work-related technology: _____ hours
 - Other digital activities: _____ hours

Reflect on your current habits:

- What digital activities leave you feeling energized and fulfilled?

- What digital activities leave you feeling drained or dissatisfied?

- When do you find yourself reaching for your devices unconsciously?

Part 2: Creating Your Technology Values

What role do you want technology to play in your life?

Circle the values that resonate with you regarding technology use:

Connection | Productivity | Learning | Creativity | Entertainment Rest | Mindfulness | Balance
| Focus | Efficiency Presence | Growth | Joy | Purpose | Health

Write your top 3 technology values:

1.

2.

3.

Part 3: Setting Intentions

Daily Technology Intentions

I will start my day by: _____

Before checking devices, I will: _____

I will create tech-free zones in my home such as: _____

I will create tech-free times during my day such as: _____

Social Media Intentions

I will use social media primarily for: _____

I will limit my social media use to: _____

Before posting content, I will ask myself: _____

Work-Related Technology Intentions

I will check email: _____

I will organize my digital workspace by: _____

I will take tech breaks every: _____

Part 4: Creating Boundaries

Digital Boundaries to Implement:

- ☐ No devices during meals
- ☐ No screens 1 hour before bedtime
- ☐ Phone on "Do Not Disturb" during focused work
- ☐ Notifications turned off for non-essential apps
- ☐ Social media apps removed from home screen
- ☐ Weekend digital detox
- ☐ Other: _____

What potential obstacles might you face in maintaining these boundaries?

How will you handle these obstacles?

Part 5: Mindful Technology Practices

Digital Mindfulness Practices:

- **Conscious Consumption:** Before opening an app, pause and ask "Why am I reaching for this device right now?"
- **Digital Breathing:** Take three deep breaths before checking notifications or emails.
- **Gratitude Tech:** Use technology to express gratitude or connect meaningfully with others.
- **Tech-Free Transition:** Create a brief pause between digital activities.
- **App Awareness:** Regularly review and curate the apps on your devices.

Part 6: Technology Wellbeing Plan

Morning routine:

Workday technology plan:

Evening wind-down:

Weekend technology plan:

Part 7: Reassessment and Adjustment

Weekly Check-In Questions:

1. Did my technology use align with my stated values this week?
2. What technology habits served me well?
3. What technology habits didn't serve me well?
4. What adjustments do I want to make next week?

Monthly Review Date: _____

Affirmations for Intentional Technology Use

- I am in control of my technology, not the other way around.
- I choose to use digital tools that enhance my life and wellbeing.
- I am present in my real-life experiences.
- I create healthy boundaries with technology.
- I use technology with purpose and intention.

Resources from positive4mind.com

Visit positive4mind.com for additional resources:

- Digital wellbeing tools
 - Mindfulness meditation recordings
 - Downloadable Worksheets & Guides
 - Guided Audio Practices
-

© positive4mind.com | Technology Intention-Setting Guide

This guide may be printed for personal use only. For commercial use or distribution, please contact positive4mind.com for permission.