

Questions

1

What do you love about technology?
What bothers you about technology?

Using the back of this sheet, spend 10 minutes writing about at least one personal value that has significant meaning for you. (kindness, compassion, integrity, etc.)

2 Values

Goals

3

repeat this step weekly*

A. What is something specific and measurable you can do with technology *this week* that aligns with your values?

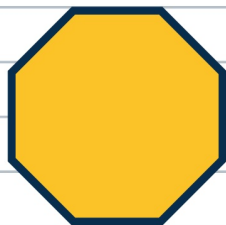
B. Write and display your goal where you'll see it often.

C. Choose someone awesome to share it with and report back to.

STOP: Before you click, swipe, post, play or search, pause for "Just a S.E.C."

EVALUATE: Ask, "Does what I'm about to do match my goals and values?"

CHOOSE: Continue OR make a different choice that matches your goals and values



STOP



EVALUATE



CHOOSE



Just a S.E.C.

How do you feel?? What worked or didn't work??