

Optional homework if you're looking to make some changes...

1. *Who am I striving to become? What is God calling me to be about? What is my vocation?*

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2. *What are my intentional screen and internet boundaries?*

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Examples:

1. No multitasking
2. No switch tasking
3. Keep my phone out of my pocket and not within arms reach
4. Build long runways
5. Keep a down-time idea lists
6. Batch online tasks