REFERENCE BANK

Screen Time Rules Bank

Access your personalized screen time plan and tracking resources

Use alongside the workbook

Understanding the State of Distraction

- What are the specific contexts in which you tend to get distracted, and how can you establish clear boundaries around them?
- How can you track your screen time to get a better understanding of your habits?
- What are some effective ways to minimize distractions during your workday?
- How can you establish a consistent routine for checking email and social media?
- What are some strategies for taking regular breaks to recharge and refocus?

Identifying Your Screen Time Triggers

- What are the times of day when you tend to reach for your phone or computer?
- How much time do you spend on social media or checking work emails each day?
- What activities do you typically do when you feel stressed or bored?

Creating a Screen Time Budget

- Screen time tracking tools
- Calendar or planner for scheduling
- Reminders for staying on track
- Regular review and revision of the budget

Implementing a Screen Time Schedule

- What are your current screen time habits, and how do they affect your daily routine?
- What are the times of day when you tend to check your phone or computer the most?
- How realistic are your goals for reducing your screen time, and what steps can you take to make them more achievable?

Tracking Progress and Adjusting Habits

- What small step can you take today to move closer to your goal?
- What are the small steps needed to achieve your goal?
- How will you track your progress and adjust your approach as needed?

Avoiding Common Screen Time Traps

- What are your screen time triggers, and how can you avoid them?
- How can you set clear boundaries for yourself and stick to them?
- What alternative activities can you find that bring you joy and fulfillment?
- How can you use tools or apps to track and monitor your screen time?

Building a Support Network

- What are some potential benefits of building a support network for screen time management?
- How can you ensure that you're connecting with people who understand your specific challenges and goals?
- What are some potential obstacles or challenges you may face when building a support network?

Overcoming Screen Time Cravings

- What are some common triggers for your screen time cravings? Write them down and brainstorm strategies for managing them.
- What are some alternative activities that bring you joy and fulfillment? Make time for these activities in your daily or weekly schedule.
- What are some specific boundaries you can establish around your screen time? Write them down and make a plan to stick to them.

Celebrating Small Wins

- Small Win Journal Template

- Progress Review Checklist
- Win Celebration Ideas
- Accountability Partner Introductions
- Positive Self-Talk Exercise

Addressing Common Obstacles

- What is the root cause of the obstacle I'm facing in my business?
- How can I develop a plan to overcome the obstacle?
- What resources do I need to allocate to support my plan?
- How can I track the progress of my efforts and make adjustments as needed?

Maintaining Momentum

- What are some specific self-care activities you can incorporate into your daily routine to help you stay energized and motivated?
- How can you use the Pomodoro Technique to stay focused and avoid burnout?
- What are some common mistakes people make when trying to maintain momentum, and how can you avoid them?

Reviewing and Refining Progress

- What specific habits or behaviors are driving your progress?
- What patterns or trends did you notice in your tracking data?
- What new goals do you want to set based on your tracking data?

Embracing a Growth Mindset

- What are three things you're afraid of failing at, and how can you reframe them as opportunities for growth?
- What's one area in your life where you'd like to develop a growth mindset?

- How do you practice self-compassion when you make mistakes?
- What's one small risk you can take today to challenge yourself and develop a growth mindset?

Building Resilience

- What are some common emotions and thoughts that trigger your screen time?
- How can you identify and manage emotional triggers in a healthy way?
- What are some alternative ways to cope with emotions, such as exercise or journaling?

Sustaining Progress and Achieving Goals

- Identify your saboteur mindset and develop a plan to overcome it.
- Break down large goals into smaller, actionable tasks.
- Create a system for tracking progress and staying accountable.
- Celebrate small wins and recognize the progress you've made towards your goal.
- Be kind to yourself and acknowledge that setbacks are a natural part of the process.