BONUS PACK

Bonus Pack

3 extra assets included with your order at no additional cost.

Companion to	The Screen Time Rules
Bonuses	3

Why these are here

Your order includes these alongside the core modules, exactly as the page you bought from said it would. They cover the problems that show up right after the core modules: what to do when it goes wrong, how to keep going, and the references worth keeping.

Bonus 1. Screen Time Emergency Kit

Format: troubleshooting

This kit is designed to help you overcome common obstacles and get back on track with your screen time goals. It includes 6 concrete entries, prompts, and scripts to help you stay motivated and focused. Whether you're struggling with screen time cravings, feeling overwhelmed by social media, or simply need help creating a new routine, this kit has got you covered.

A 10-page PDF guide providing immediate solutions to common screen time setbacks, including identifying underlying emotional triggers, creating a 30-day screen time plan, and implementing a digital detox strategy.

What is inside

- Identifying and reframing emotional screen time triggers
- Creating a 30-day screen time plan with realistic goals and strategies
- Implementing a digital detox strategy for a healthier relationship with screens
- Overcoming common screen time obstacles, such as FOMO and comparison
- Staying motivated and accountable with a 30-day screen time challenge
- Customizing a screen time plan to fit your unique needs and goals
- Reviewing and adjusting your screen time plan for ongoing success

When to use it

When you're feeling stuck or frustrated with your screen time progress

Bonus 2. Screen Time Refresher Templates

Format: templates

These templates are designed to help you stay on track with your screen time goals and make adjustments as needed. With these templates, you'll be able to review your progress, identify areas for improvement, and make data-driven decisions to achieve your goals.

> A set of 5 customizable templates to help you review and refine your screen time progress, including a weekly progress tracker, a monthly review template, and a quarterly goal setting template.

What is inside

- Weekly progress tracker
- Monthly review template
- Quarterly goal setting template
- Screen time budget template
- Screen time schedule template

When to use it

When you need to review and refine your screen time progress

Bonus 3. Screen Time Accountability Partner Script

Format: scripts

Having an accountability partner can be a game-changer for staying on track with your screen time goals. This script provides a framework for finding and connecting with someone who can support and motivate you to achieve your goals.

> A script to help you find and connect with an accountability partner to support your screen time goals, including a conversation starter and a plan for regular check-ins.

What is inside

- Conversation starter: 'I'm working on reducing my screen time and need someone to hold me accountable. Can you help me?'
- Accountability plan: 'Let's schedule regular check-ins to review progress and make adjustments as needed'

When to use it

When you need to find an accountability partner to support your screen time goals