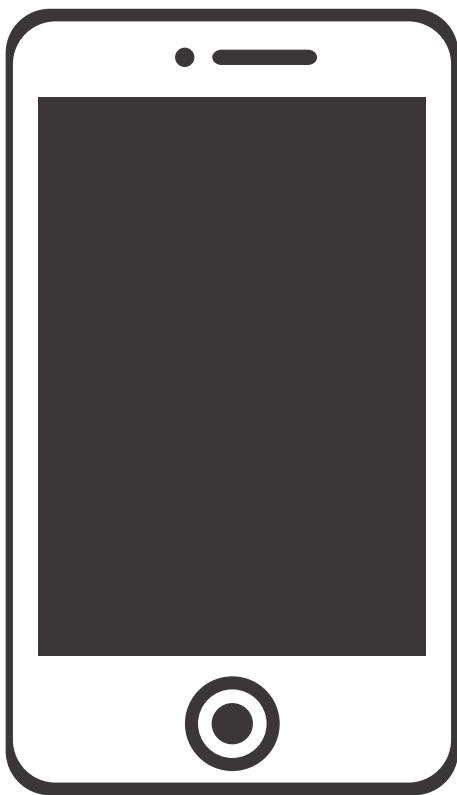


Organize Your ONLINE WORLD



An Easy Method For Ordering Your Email,
Apps & Phone To Get Life Done & Prevent
Mindless Scrolling

By Rachel Norman, A Mother Far From Home

Let's Get Going...

Hey friend,

You're here because you want to be orderly, organized, and not overwhelmed by your online life.

Emails.

Social media.

Notifications.

Texts.

There is so much coming at us from our screens!

All this happens with our heads bent down into our devices as our kids mill about around us wondering what on earth we are doing. We want to use our devices as the tools that they are - to help make our life easier - not as tools to make us more **stressed, busy, and distracted**.

I want to help you organize your online life so that you run it and it doesn't run you.

Are you game? If so, know that the suggestions given here are but a few of the many that are out there. There are so many ways to curb excessive online behavior and to help set boundaries around how we spend our time.

Be it on our phones, our laptops, desktops, or tablets, we want to organize the way we use them and then create boundaries around our time and the energy we put towards them.

Give Yourself Grace

If you already know that you spend too much time online and not enough time in the PRESENT with those you love, without distraction, then I want to say *I get it and I've been there!*

At the end of this packet, you'll find my 30 day journaling guide to less screen time called Slow Your Scroll.

If you do that in conjunction with these tips, hacks, and strategies then you are on your way to becoming a person who lives in the present, not hiding online all day.

But give yourself grace.

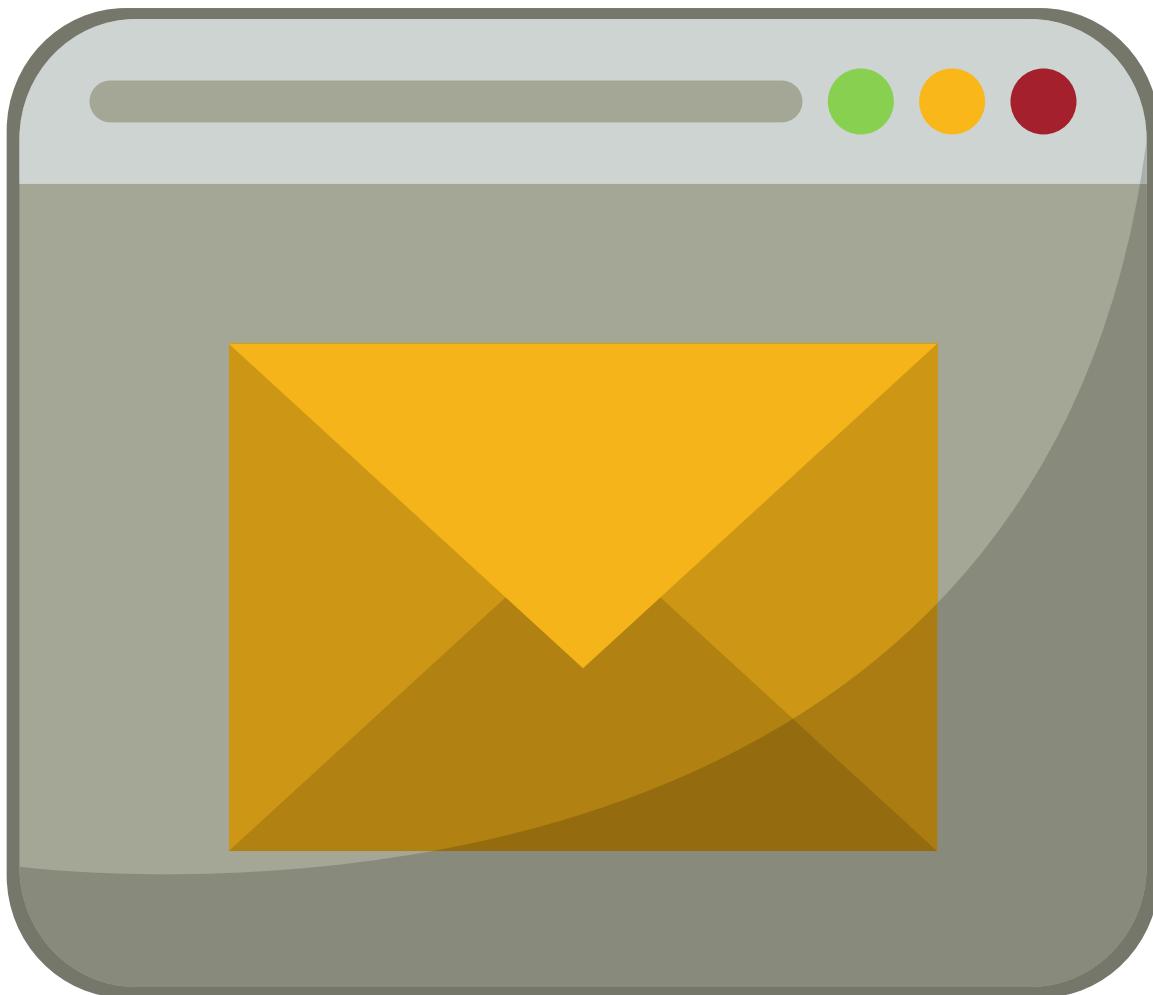
Many of the habits we hold have taken years to be established. It may take days, weeks, or even months to get to where you want to be.

But I'll help you get started and eventually get there.

This guide is going to cover the main areas we moms face when dealing with our digital lives.

- Email
- Texts
- Notifications
- App Organization
- Social Media Boundaries
- Timers & Reminders

#1 - EMAIL



EMAIL

Email can be the **bane of our existence**.

Can you relate to this image?



If you are sick and tired of missing emails that get lost in the sea of messages or if you simply want to become more organized with email, then I have some tricks and tips for you.

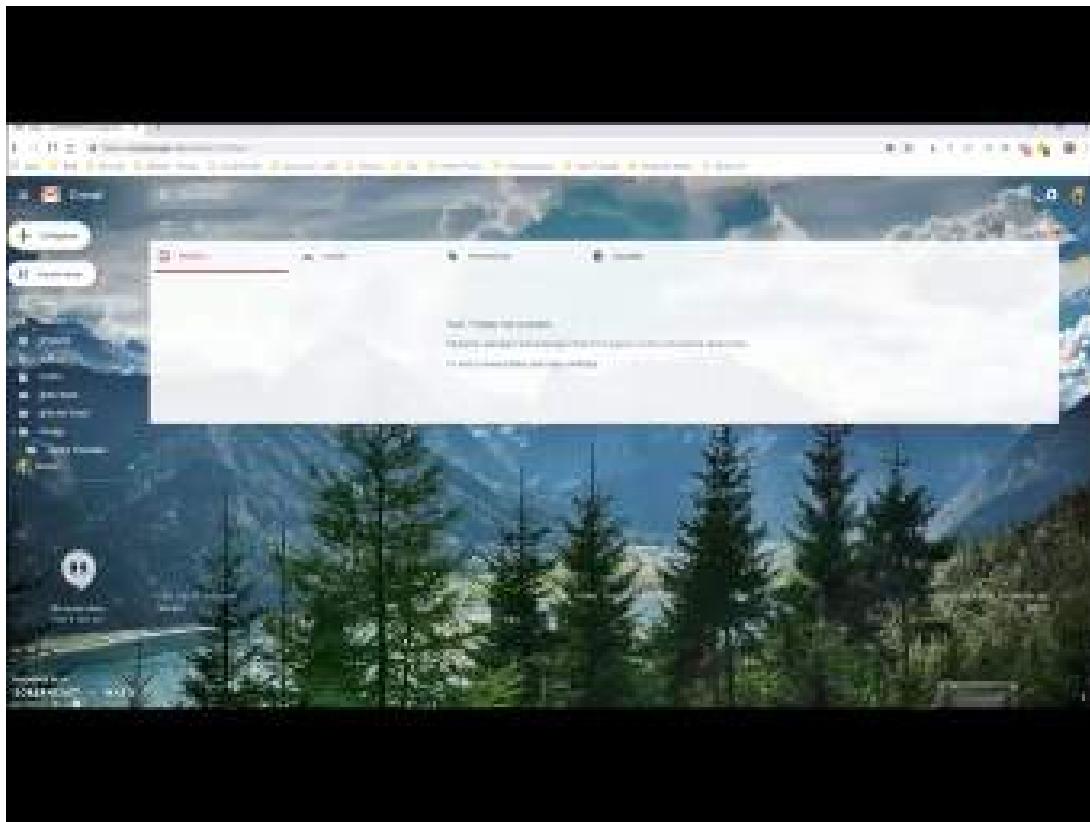
I have created a video to demonstrate my Zero Inbox method of organization. Every single day I get to 0 inbox. Even when I skip a few days and have 50+ emails, I can still get there within 10 minutes!

10 minutes, I am not joking!

My video shows you how to manage your email in Gmail. Now, I KNOW not everyone has gmail, but it's overwhelmingly the largest email provider so you'll learn how to do it there.

That said... you can, OF COURSE, modify this to fit within your own email provider be it Outlook, Hotmail, Yahoo, or Aol. It will look slightly different, but be the same principle.

Go To The Video



Click here to watch the video or go to
www.amotherfarfromhome.com/email

EMAIL

Remember, your email is NOT your to do list.

You'll want a separate To Do list. If something comes through your email that requires your action THEN you'll organize it as shown in the above video.

But don't use your email as a to do list in and of itself.

If you do, you'll feel tethered to it all day long and check it constantly. Here are some things I want to encourage you to do regarding your email.

- Choose **maximum 2 times a day** that you'll check your email.
- **Turn off email notifications on phone.** If something is truly urgent your phone will usually ring, but email is the King of making something seem urgent when really it is distracting.
- **Don't cherry pick** which email you open. Start at the top and cycle through deleting, archiving, saving as important, etc. until you've reached the end and are at 0 inbox.
- **2 Minute Rule.** If it only takes two minutes, do it immediately, if it'll take less than 10 then save it as a To Do, and if you are interested for later, but have no time now, save as 'To Read' but get it out of inbox!
- **Set boundaries about your response time.** If you know it'll take a day or two to respond, consider setting up a vacation auto-responder which will explain how long the person may expect to wait.

#2 - TEXTS & MESSAGES



TEXT messaging

Texting is how we do so many things.

- *We confirm appointments.*
- *We get notifications from our bank.*
- *We get social messages.*
- *We get questions.*

Texting can happen all day every day.

The first thing to ask yourself with regard to texting is this...

"Do I feel pressure (external or internal) to respond immediately to text messages I receive?"

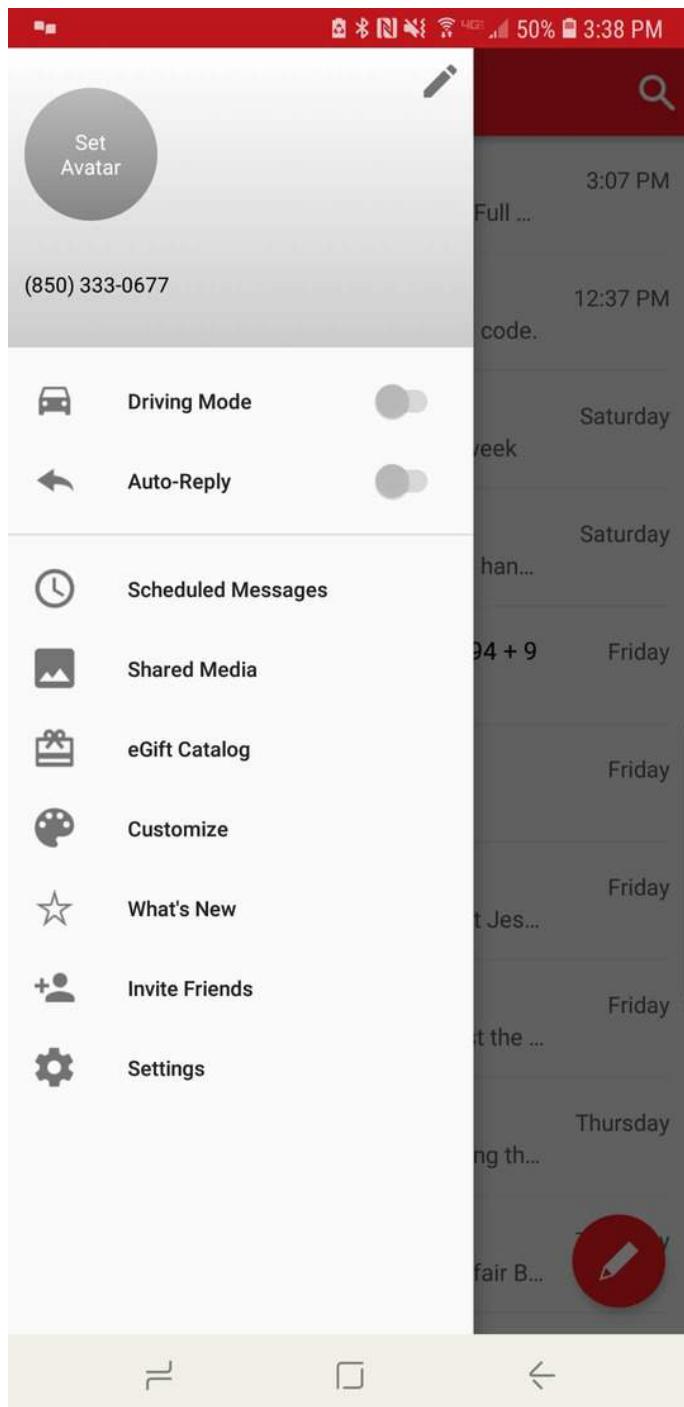
If so, this is a good thing to explore.

There is no social rule of thumb that says you need to respond immediately to texts. **Even if they know you've read them.**

We don't have to respond immediately and, in fact, it's better if we don't. We create expectations when we respond immediately and then it's a beast we can barely keep track of.

Instead, as you do with email, **choose a time of day or two** where you are going to respond to texts. And then do respond. People are willing to wait for an answer if they know they'll eventually get one.

Get Comfy With Your Text Settings



Every phone type will have slightly different settings, but the thing to do is **get comfortable with yours.**

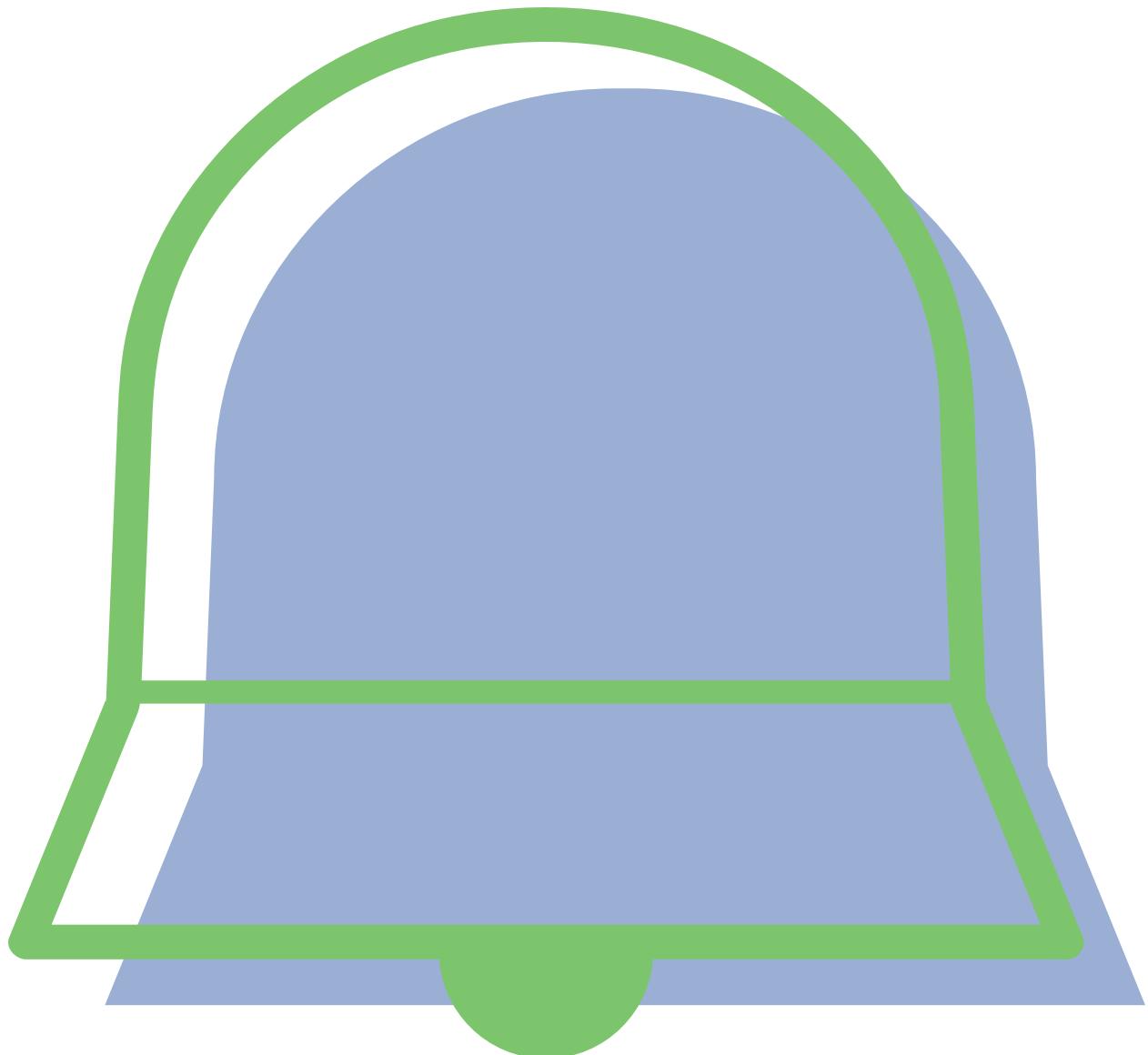
Find out how to **mute conversations** (especially group ones that get out of hand) and how to unmute them.

Check **how to minimize notifications** or, how often you'd like to receive them.

See if you have **auto-reply options** for certain times of day that serve as a "comfort text" to others... immediately giving them a response to know what to expect from you.

Same with your voicemail, for that matter. If you don't check your voicemail be honest about it on the message with something like, "*I don't check this regularly, send a text for a quicker response.*"

#3 - NOTIFICATIONS



Notifications

A huge reason we're so distracted by our phones and we're running to and fro is because we get caught in the **tyranny of the urgent**.

I'm sure you've heard this term, but if not, here's the **gist**.

In his classic book titled *Tyranny of the Urgent*, Himmel says the following...

*"There is a regular tension between things that are urgent and things that are important—and far too often, the **urgent wins**."*

Urgent here might be defined as answering a text, reading an email, replying to an email, checking Facebook or Instagram or whatever.

Basically, doing anything that seems to beg your attention NOW instead of doing what's right in front of you. Or paying attention to the people right in front of you.

A big way to cut down on this?

Minimizing and silencing notifications. You will be amazed how much you don't actually need to do immediately if you don't get the notification.

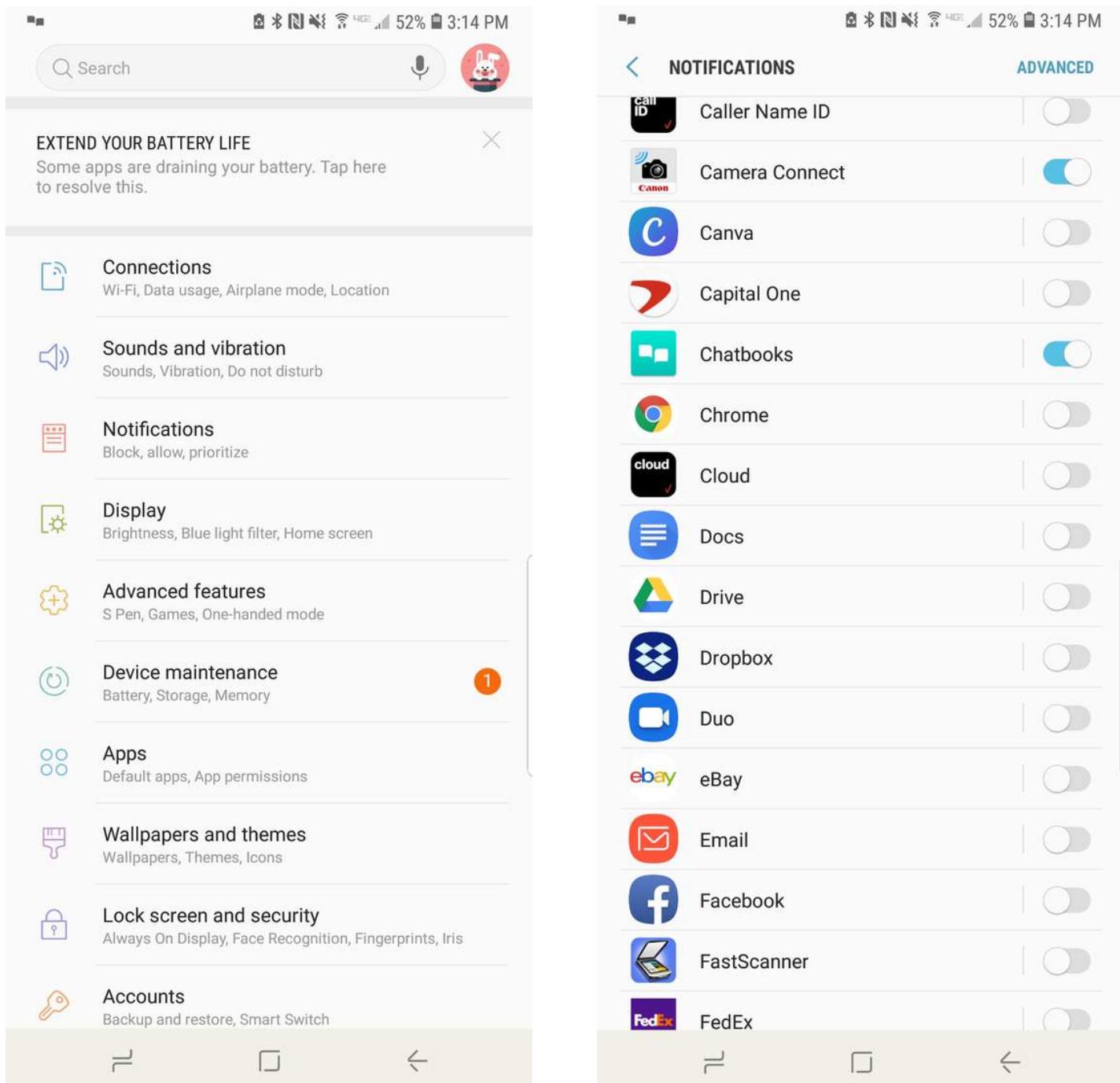
Emails, social media, walkie talkie apps, and even texts **can be put on mute or silent**.

On a case by case basis or even just shutting all notifications off on the whole device.

You choose what works best with your own personal goals. I silence nearly everything except one or two important apps. The rest.... **all silent**.

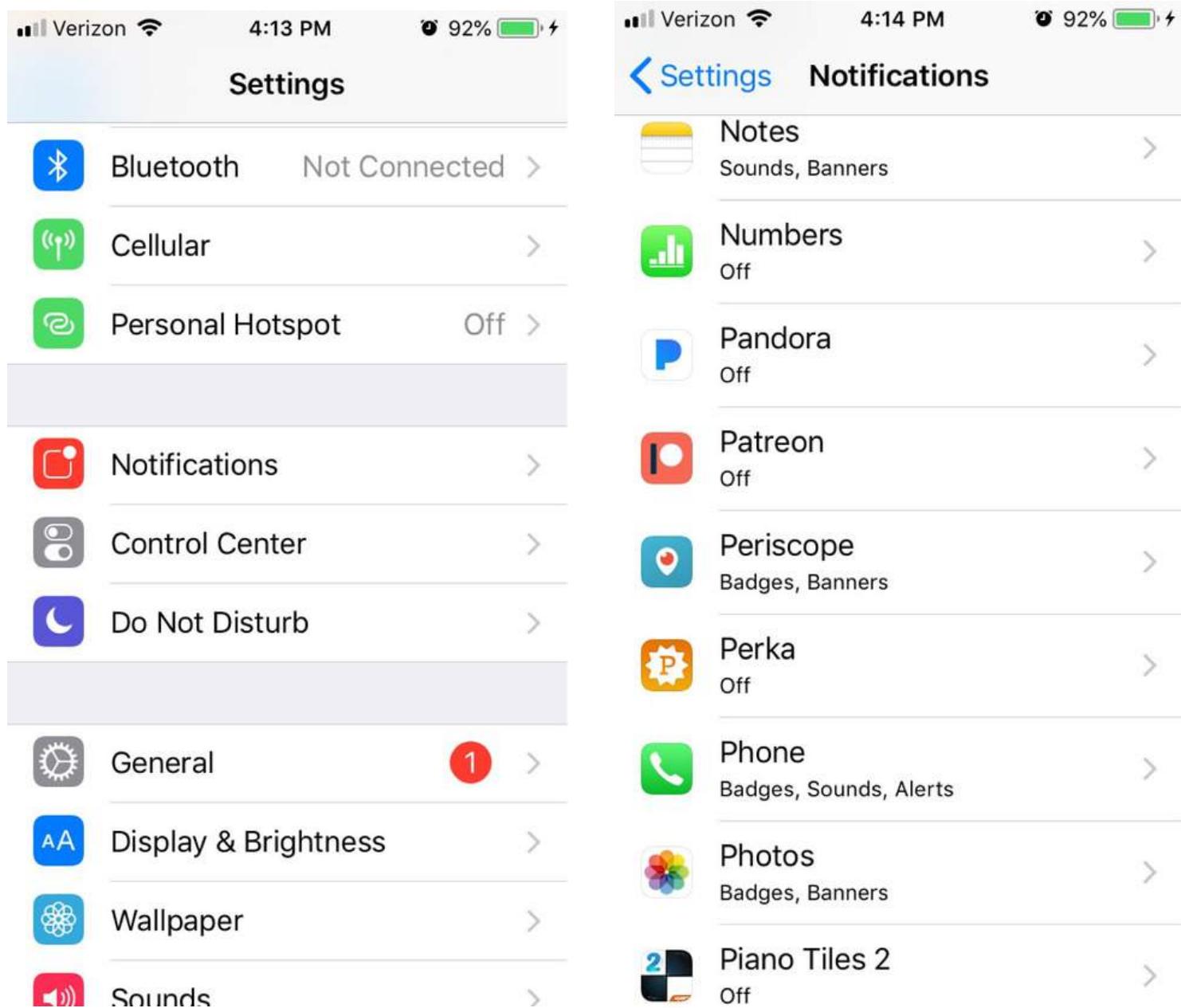
Notifications

If you have an Android device you'll find these options in Settings. As these things change with each new device iteration, it's best to Google exactly what your phone model is and how to mute notifications.

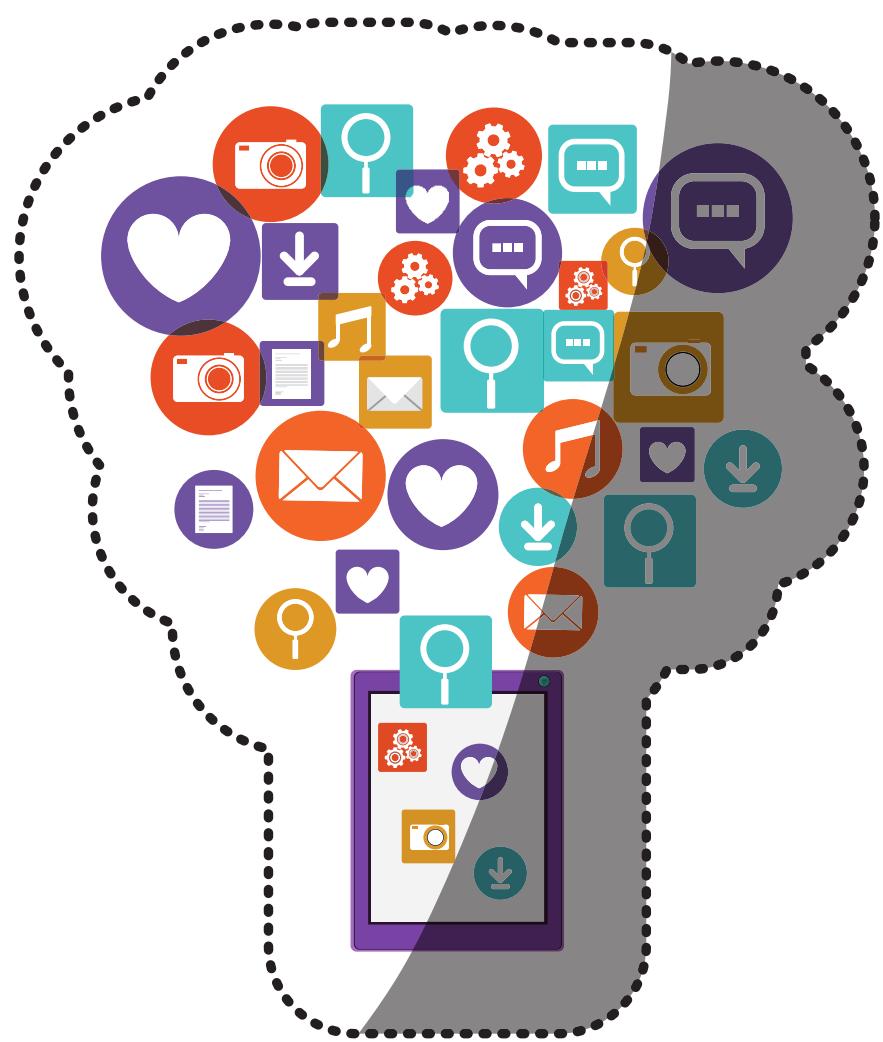


Notifications

You are usually able to go into the settings and turn off notifications for individual apps, or even functions within an individual app. For example, you might turn off notifications for Instagram comments, but leave notifications for Instagram direct messages. I recommend turning them ALL off unless absolutely necessary for work purposes.



#4 - APP ORGANIZATION



App Organization

It is true of real life and true of digital life.

When things are disorganized and cluttered, they cause a slight amount of stress. Sure..... you're not having a panic attack because your phone isn't properly organized, but you are likely spending more time than you need to find the app you want at any given time.

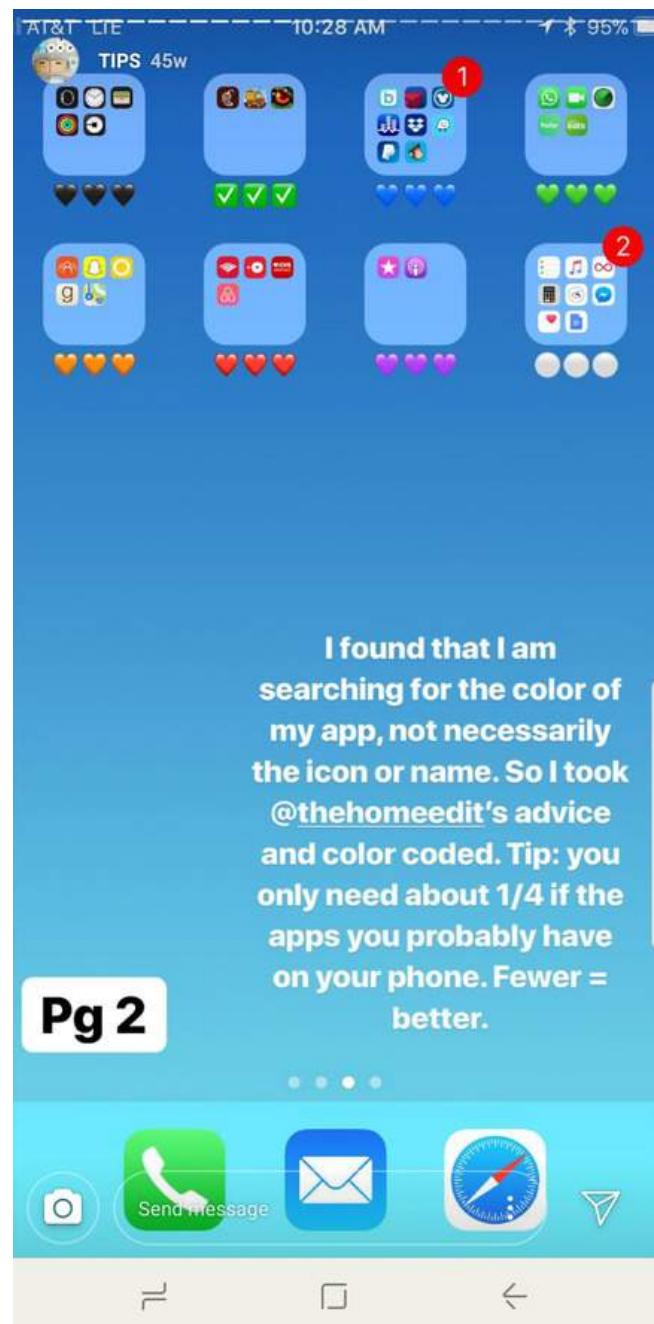
Organizing your apps in a systematic way will help you to use your phone the way it was designed and NOT as a distraction device.

The key things to remember when organizing your phone apps are the following:

- You need to be able to **find apps fast** without having to do a lot of scrolling or typing things in
- **You want to group like apps** so you aren't distracted by one shiny app while you were trying to complete another task.
- **Hide apps** that just waste time. Either delete them from your phone or move them to a back screen where you have to purposefully go to in order to see them.
- **Don't underestimate** the power of organization on your phone. When you take charge of how your phone looks and how it functions, you begin to feel more in control of it instead of feeling like your device controls you.

App Organization

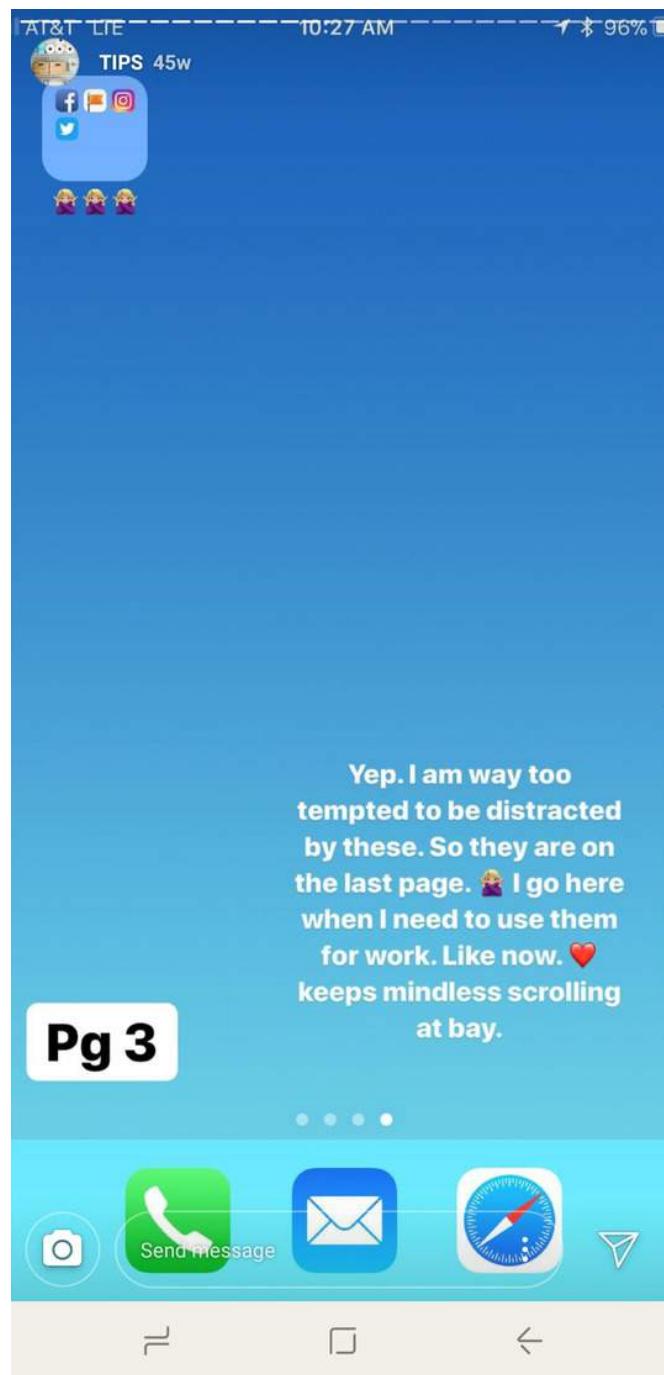
This shows two separate phones organized by folders. On the left, it is **organized by topic or function** with Social Media, Google Apps, Personal Apps, Blog Apps, etc. On the right, **the apps are grouped by color** (@simplified) because that is easy to find if you are often looking for the app color. Choose which seems most intuitive to you.



App Organization

If you find yourself mindlessly scrolling a few apps that aren't an effective use of your time, simply put those apps in a folder on the furthest page from the homescreen.

Emily Ley of @simplified illustrates this in her screenshot below.



#5 - SOCIAL MEDIA BOUNDARIES



SM Boundaries

Social media can be both amazing and a real drag.

Aside from the fact that we can feel inadequate, frumpy, and dull in comparison to those we follow online, it can also waste our time.

The key to using social media for what it was designed for (to be social) and not to get sucked down a scrolling rabbit hole is to have one thing....

BOUNDARIES.

Boundaries are essentially the safe fences that keep you in Good Social Media World and out of Bad Social Media World.

These will be different for every person, but let's talk about some good rules of thumb here.

- Think about (and write down) the times **you know you don't need** to be on social media. Get those into your head.
- **Find a place** in your home that you can put your cell phone during the batches of time you want to be offline. For example, in your bedside table drawer. This will help your phone be out of sight and out of mind. You won't be as tempted to scroll if you don't have it at hands' length.
- **Delete apps off your phone** that are the big time killers. You can always look at them on other devices or simply install and uninstall once a day or so. This is somewhat of a drastic measure, but one you can keep in your pocket.

SM Boundaries



- **Determine time limits** you are comfortable with and make some type of routine for yourself, sticking within them.
- **Get apps** for your phone that block certain apps at certain times. If you don't trust yourself to keep within your own limits, use an app to keep you accountable.
- **Schedule IN times** you are okay with using your phone. This will help you actually maintain times of being offline, because you know you have designated "online" times.
- **Unfollow** the people who make you jealous, insecure, or who cause you to create arguments or rebuttals in your head (*you know what I mean!*) and you'll immediately feel more peaceful.
- **Go through your social media channels** and unfollow, unsubscribe, or unfriend those who seem to disrupt your feed or show you things that don't interest you, you don't believe in, or you have grown out of.

#6 - TIMERS & REMINDERS

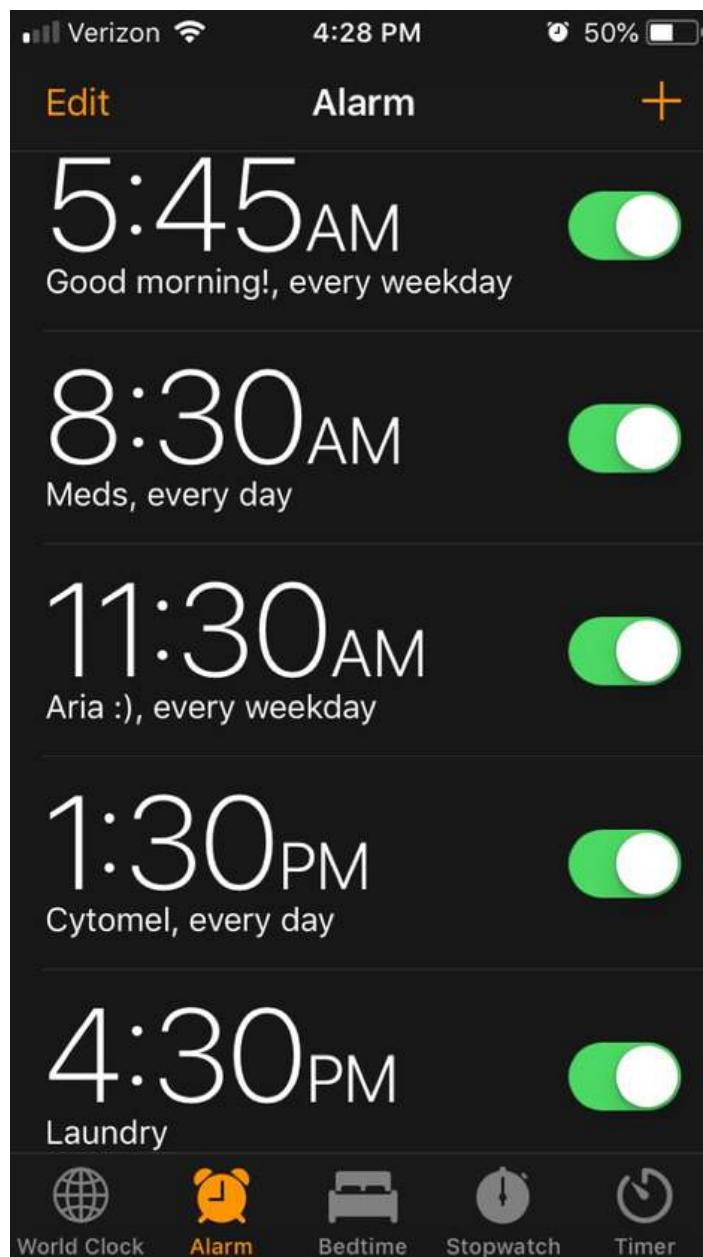


Timers & Reminders

If your phone is with you for a large part of the day, use it for good!

Keep your boundaries firm and your distractions minimized by using timers or reminders.

If you need help getting on top of household tasks then use your phone to give you daily reminders of when things need to get done.



Timers & Reminders



- **Set timers** for when you want to be OFF your phone. Let it pop up and say "Enough!" or some catchy phrase.
- **Remind yourself** to do things that often slip off the radar. Things like "laundry" or "read my Bible" or something that you're tempted to let slide, but really want to do.
- Use the timer to remind yourself of **something you want to remember**. It could be an encouraging phrase or a motto or anything in between!

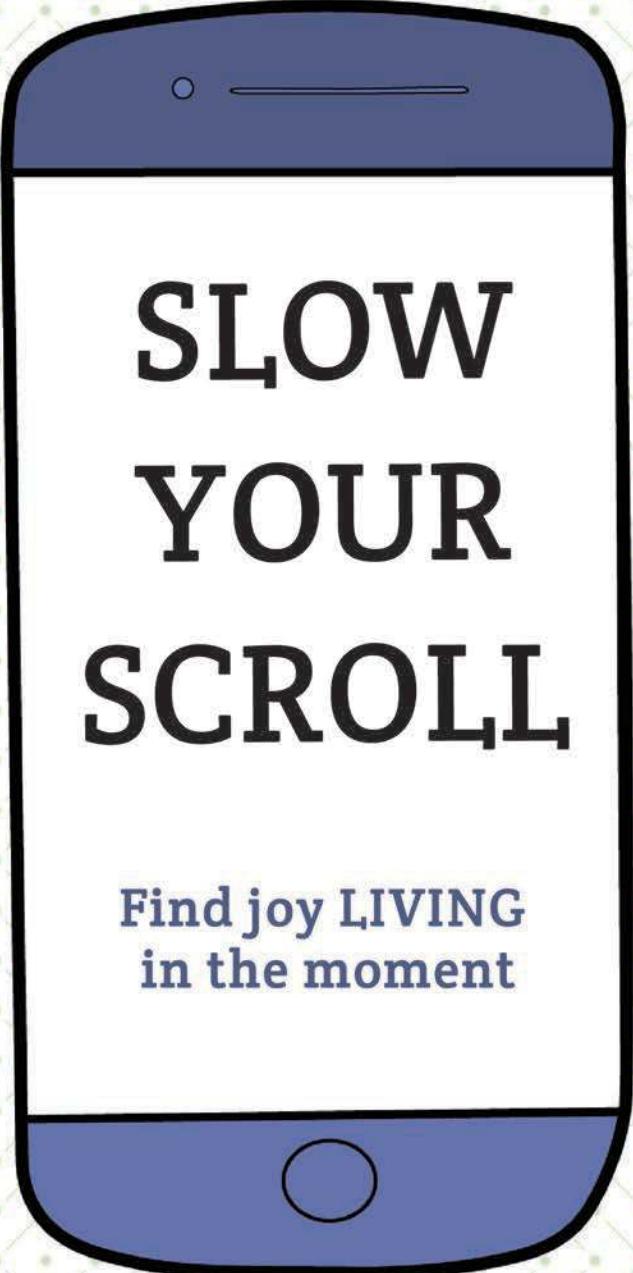
So there we have it...

I hope this has helped give you some ways to manage your online life. To be more digitally organized, and to feel more in control of your online behavior and less at the mercy of dings and notifications and bells.

Please email me at rachel@amotherfarfromhome.com and let me know which part of this will help you most and what, if anything, is left out!

Talk soon,
Rachel, Founder of A Mother Far From Home





SLOW YOUR SCROLL

Find joy LIVING
in the moment

BY RACHEL NORMAN



Slow Your Scroll by Rachel Norman
Layout by Erica Zoller Creative, Cover Illustration by Jared Staten

www.amotherfarfromhome.com

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cs@amotherfarfromhome.com

Friend, I am so glad you're here.

I came to a breaking point a few months ago. A death in the family, a pending move, and normal life raising 5 kids caught up with me. I had been stressed and longing for escape. Through a series of events it became clear to me....

My escape had become a burden.

Instead of relieving anxiety, my phone became the source of stress. Instead of refreshment and relaxation, it sucked my time and energy. The habit I started casually to help had started to seriously hurt.

It was time for a change.

The questions, exercises, and tips in this workbook come from my own experience and journey towards living life fully in the present. On the path to interacting with those who are right in front of my face, not behind a device.

It is a tough journey away from digital dependence into physical reality, but it is so exhilarating and very very worth it.

May this workbook help you dig deep into the life you have in front of you. That it teaches you to embrace the season of life you're in and not waste precious moments with those you love because of a digital dependence.



You can find freedom. I hope this helps.

Rachel Norman,
Founder of A Mother Far From Home

Digital Undependence

I, _____, commit to exploring my reasons for digital dependence. I will be real with myself, throw off false guilt and shame, and seek to get to the root of my desire for escape.

I will work hard to establish healthy habits that make me proud. I will commit to doing a little better each day, not seeking perfection, but going after longer stretches of digital freedom.

It will be hard, but I commit to a lifestyle change that embraces the loved ones right in front of me.

_____ Day of _____, 20_____

THE WHY

Why I Want to Detox

How do I know I've got some form of digital dependence?

How does this digital dependence make me feel when I think about it?

There are many reasons we begin to overuse devices. Perhaps we passed the time spent nursing babies by scrolling. Maybe we need our phones to complete work tasks. Obviously we use the phone to keep in touch with friends and family.

And, of course, social media.

Before we know it our phones take pride of place in our lives. We don't go anywhere without them and use them at every opportunity.

Soon, we can't sit at a red light, wait for food in a restaurant, or even use the bathroom without checking our phones.

Like a tiny speck of mold that eventually eats up an entire loaf of bread, digital dependence takes over. Here are some of the following insidious ways digital dependence changes us, even down to the level of our brains.

- We stop sitting in silence, resting, and thinking.
- We get information overload. Always something else to see, do, and try.
- We talk less with those around us, including our children and spouses.
- We make less time to be with those we care about because online communication temporarily meets the need for connection.
- We become less satisfied with our own lives as we see other people's highlight reel, edited perfectly, showing us up.

If you've got this workbook in your hands, I know you want to make a change. You want to choose digital undependence over the compulsive need to reach for your phone.

You choose memories with your children over the latest Instagram post. You choose calm, simplicity, and real life connection over a digital fix. We'll get to all the practical ways to manage your smart phone use later, but the first few sections are the most important.

Take your time through these first pages and you'll find something surprising. Instead of needing to create a lot of rules for yourself, you'll start craving life instead of your device.

When you get to that place... victory is around the corner.

Digging Deeper

What do I feel I'm missing out on because of this dependence?

Can I pinpoint a time or season when this got out of hand?

Do my kids sense that I am tethered to my phone?

Looking Forward

Why does this over-attention to my smart phone go against my values?

What do healthy digital habits look like?

How will life be different when I've gotten a handle on this digital dependence?

The WHAT

What Leads me to be a Chronic Phone Checker

You may realize you spend too much time on your digital devices, but what is happening - moment to moment- to get you there? In this section I want you to get to the root of why you reach for your device. Why you choose the phone over your friends or family. Why you feel like scrolling will soothe your stress or anxiety. And why connecting on social media seems like it'll stop the loneliness.

What is happening when I feel the need to scroll, surf, or Netflix?

What are my kids doing while I'm on digital media?

What time of day am I most likely to reach for a digital device?

Morning:

Afternoon:

Evening:

What am I most likely to look at on my digital device?

1-

2-

3-

What am I avoiding intentionally or not - by grabbing a device?

**What usually pulls me back away from
my digital device?**

**What do I feel like an extended time
on my device?**

**What do I feel I should be doing instead
of scrolling or watching Netflix?**

The HOW

Purposefully Deciding How I'll use my Phone

The fact is, we are now dependent on our digital devices. Not only do we use them to communicate to loved ones, but also to be ready in case of an emergency (babysitters!) or for work (boss needs something!). Our freedom can feel more and more limited as we realize just how dependent we are on our devices, moment to moment.

Think about how you can make yourself less dependent on your phone. Do you need to buy a watch? An alarm clock? Do you need to put an auto-responder on your email so people don't expect an immediate response?

Let's unravel our dependence, one thing at a time.

**How do I need my phone throughout
the day?**

**What do I need to buy so I'm not
tethered to my phone?**

Morning & Night... Where Is My Device?

Productivity experts now agree, we shouldn't check our email or phones before we've completed our morning routine. By checking our phones before we've gotten out of bed, we fill our minds with information and stimulation that prevent us from remaining calm and focused on our own households.

Additionally, research shows that using a screen immediately prior to bed decreases quality of sleep. Having strict boundaries around phone use in the early morning and before bed will go a long way in creating the separation that brings digital independence.

**When will be the first time I use my phone
in the morning?**

**When will be the last time I use my
phone in the evening?**

Can I choose a time?

Can I set an alarm?

The HOW

Practical Strategies for Digital Undependence

Part of the reason we're tethered to our phones is because we want to be available for others. In fact, some of us feel as though it's our duty to answer texts and calls as they come in. We worry others will think we are irresponsible or lazy if our response is delayed. In fact, the opposite is true.

Being disciplined in how we use our devices will bless us, our families, and those with whom we are in contact. If we need to reset expectations others might have of us, that is okay.

How does it make you feel if you think people can't reach you immediately?

Why do I think I need to be there on others' timelines?

How can I still be a responsive friend/family member without always being available?

Explore this idea more...

Every journey begins with a single step.

- Lao Tzu

If you've come this far, you are making excellent ground. You've probably noticed your desire to use your digital device has lessened. Perhaps you still reach for your phone without thinking, but you're ready to get rid of unhelpful habits and start new ones.

Digital Undependence is not about complete abstinence or legalism. Digital undependence is about moderation with our devices so we are in control of our habits.

So our actions match our priorities.

Present means we understand that the here and now is sacred, sacramental, threaded through with divinity even in its plainness.

Especially in its plainness.

- Shauna Niequist

The next pages are dedicated to giving you practical ways to monitor your digital use. You can choose to do them all or even one at a time. You can go cold turkey and make major changes in one day or you can go little by little.

The goal is not perfection. The end goal is not that you can go 24 full hours without looking at a screen.

The goal is that, more and more , you are choosing real life over digital life.

If you don't need your GPS, start turning off your phone while driving and put it on the passenger floor.

Set timer for 10 minutes sit in silence without book or phone?

Take all notifications off phone. No emails, messages, comments or mentions.

Keep charger in common area, not by bed. Turn phone off by 8 or 9 PM.

When you want to scroll, set a timer for a short period of time (15 minutes or less) and put phone down after.

Don't turn on any device until you're up, dressed, had breakfast and prepped yourself for the day.

This week, schedule a time to do something you've never done.

(e.g. horseback riding, volunteering, hiking, taking lessons in something, planting a garden, etc.)

When overcome with the desire to rant, overshare, or complain on social media. Call a friend or family member in real life and share your heart.

Turn your phone on airplane mode until you are ready to check messages or email.

Buy a watch and alarm clock and stop using phone to wake up and tell time.

Google “Apps to help stop smart phone addiction” and use one that will help you meet your goals.

Do not keep your phone near you or in your pocket. Put it in a designated spot (not the common area) and check it every few hours if need me.

Social Media Undependence

It is better to be loved than admired. It is better to be truly known and seen and taken care of by a small tribe than adored by strangers who think they know you in a meaningful way."

- Shauna Niequist

If we have friends in our area, it's important we see them. Social connectedness is one of the biggest indicators of a high quality of life.

Do you have friends?
Do you see your friends?
Can you be real with your friends?

If the answer is yes to these, you are more likely to be happy. If you answer no to any of these (or all) then times are tough. Social media connection can help us feel less alone, but social media will not give us a shoulder to cry on, a few hours of babysitting, or a meal when we're hungry.

Research unanimously shows that the amount of time spent on social media is directly related to anxiety, depression, and even suicide.

Instead of signing on social media and feeling connected, we end up feeling discontent, not good enough, and stressed. We see everyone else's expensive vacation, perfect photographs, and uber tidy houses and we wonder how on earth they get it all done. But we don't see behind the scenes.

Facebook, Instagram, Pinterest OH MY!

When you go to social media, what are you looking for, exactly?

Do you personally know many of the people you follow? If not, are you being encouraged or inspired in a certain way?

Are there certain pages or accounts that cause you to feel less than, jealous or discontent?

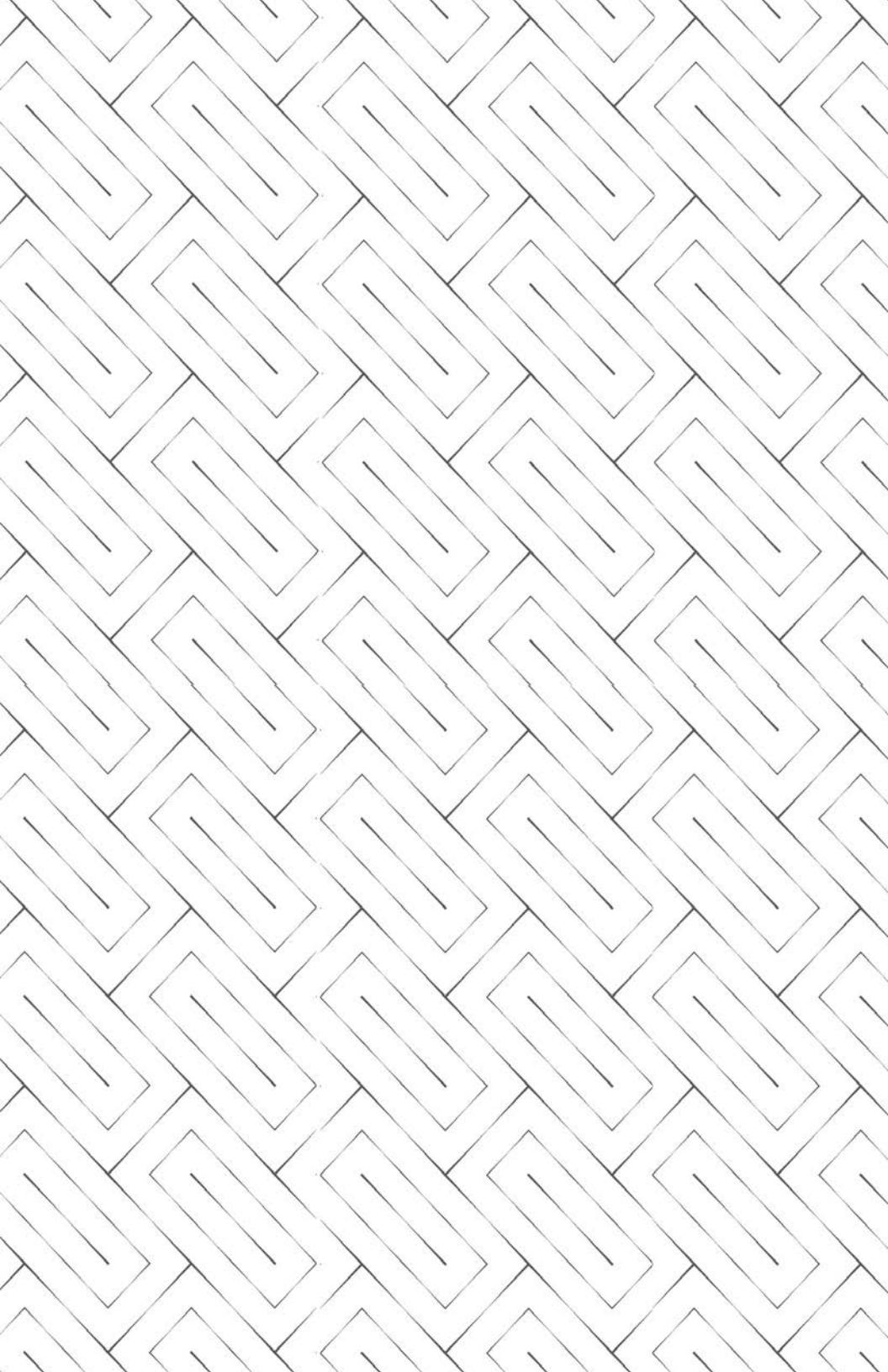
Social Media Inventory & Clean Out

One powerful thing you can do today - right after you finish this page - is to go through the social media channels you follow and do a clean out. Unfollow, unfriend, and unlike the accounts that cause you to feel less than and not good enough.

Take a minute to think of the people, pages and accounts that cause you to feel dissatisfied in your own life.

While it's an amazing thing to have home, fashion, and parenting inspiration at our fingertips, it can also be overwhelming. A social media clean out will help you feel immediately lighter and more content with your own life.

Go through your social media accounts TODAY and unfriend/unfollow those that are bringing you down.



Bonus Section

Screen Time Boundaries for Kids.

We've all heard the stats.

- 36% of children have a TV in their bedroom.
- 8-18 year olds consume an average of 7 hours on screens.
- 29% of babies are watching TV or videos for 90 minutes a day.

Screens are everywhere, they are convenient, and they can settle down hyper children in a flash. But they also have negative consequences for little ones. The research is unanimous.

- Screen time length directly correlates to childhood obesity.
- Screen times negatively affect sleep patterns.
- Screen time is linked to speech delay and undermines learning.

It's tempting to use screen time to get some peace and quiet. Doing this occasionally is not harmful, but using devices as babysitters, pacifiers, or rewards can have negative effects that are hard to combat.

Use the following tips or rules of thumbs to establish healthy boundaries relating to digital devices for your own children.

What types of screens does my child currently use, and where does he/she use them?

How often in the past week has my child had screen time? {In Hours}

If I do a deep gut check am I okay with this amount of time?

What type of apps/activities does my child like to do?

After

What type of apps/activities does my child like to do? One of the keys to having successful screen time boundaries is when you allow your child permission to use a device. A good rule of thumb?

Only allow screen time after your child has completed their chores, played outside, done homework, read a book, and played with his or her siblings. Don't let the screen become the default, let it be the extra.

You'll find the less you allow your child to use digital devices the less they'll request it. They'll learn to fill their time using their imagination, playing with siblings and friends, and getting busy living life offline.

This is the goal.

Right now, gather all screens to you and put security passwords logins or (even better) fingerprint access so kids can only get on with permission.

**Decide clear rules. screen time only after...
When kids ask for screen time, point them to the rules.**

Always have an end time when your child is using a device. Tell them the end time when they start so there's no surprises...

Designate a public area where the kids can use screens. No bedrooms and never behind locked doors. Choose an area you can supervise.

Allow no screen time after a certain point in the evening family time only!

Do a 1 week screenfree detox. It'll be hard, but make the upcoming month much easier.

Talk to children 5 years up about how too much screen time affects the brain and how you want their brain strong.

Go through your apps and delete the repetitive mind - numbing apps that have no clear start and end points.

Buy a few new and engaging toys for the home. LEGO, building toys or something for outside. Use the new enthusiasm to ease them off frequent screen use.

Choose an out of sight locations to store screens. Out of sight, means more likely they'll be out of mind.

Go through your apps and delete the repetitive mind - numbing apps that have no clear start and end points.

NOTES

Day 1

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 2

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 3

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 4

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 5

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 6

the _____ day of _____ 20____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 7

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 8

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 9

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 10

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 11

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 12

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 13

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 14

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 15

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 16

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 17

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 18

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 19

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 20

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 21

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 22

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 23

the _____ day of _____ 20____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 24

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 25

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 26

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 27

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 28

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 29

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 30

the _____ day of _____ 20_____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Day 31

the _____ day of _____ 20____

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

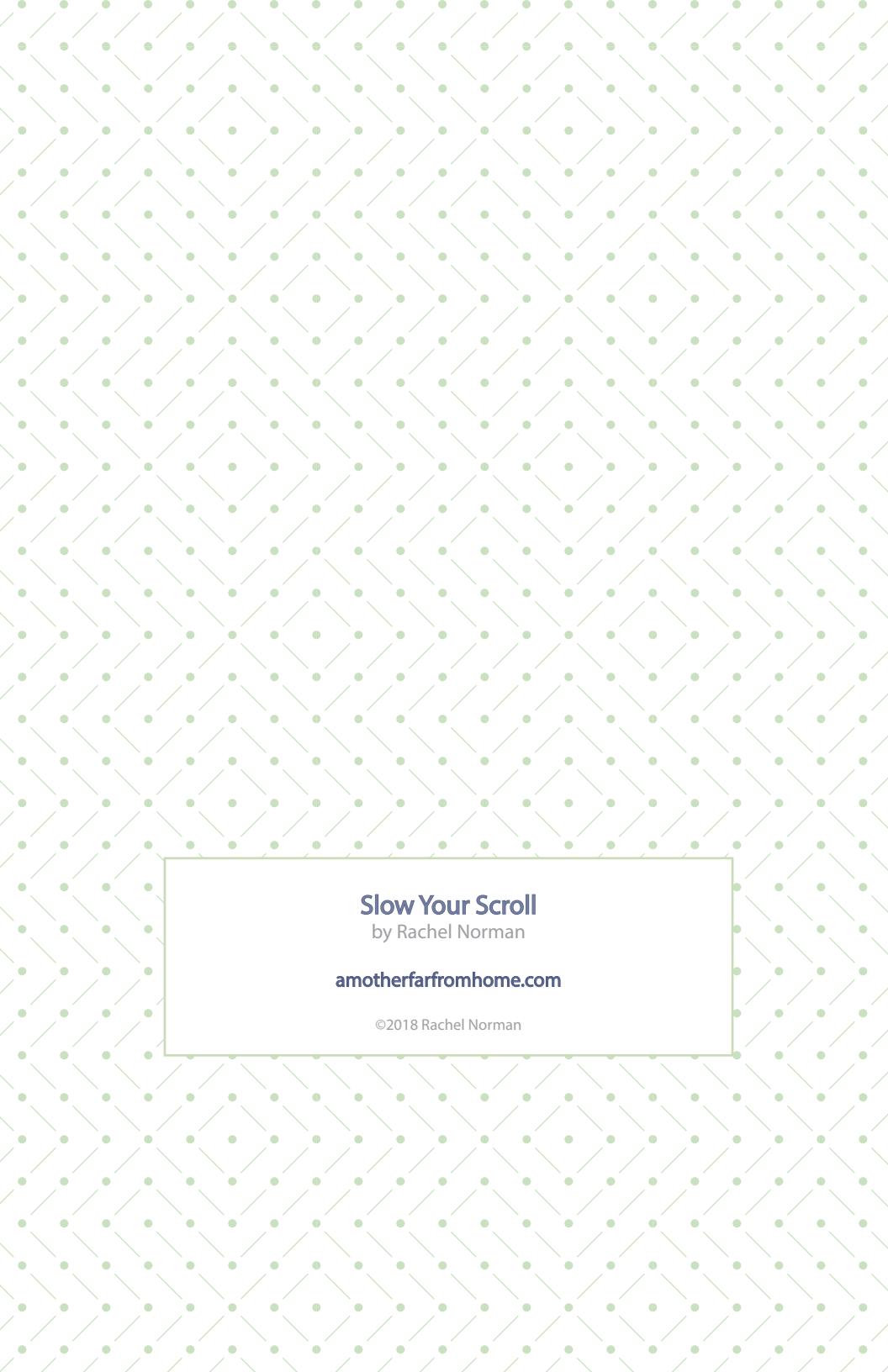
How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Friend,

I hope this workbook helps you dig deep into why you've become digitally dependent. I pray that day to day your desire for present and connected living will overpower any desire to get online.

It won't be easy, but nothing worthwhile is.

Rachel Norman
Founder, A Mother Far From Home



Slow Your Scroll

by Rachel Norman

amotherfarfromhome.com

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