

Digital Wellness Audit

SELF-AWARENESS

An honest look at how your screen habits are actually treating you — then one experiment.

1 Rate the real impact

Sleep	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Focus / attention	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Mood after use	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Body (eyes, neck, energy)	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
In-person connection	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	

1 = suffering · 5 = thriving · jot the evidence on the line

2 Follow the hours

APP / ACTIVITY	~ HRS / DAY	HOW IT LEAVES ME FEELING
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.....		

3 The honest question

Which app gives back *less* than it takes from you?

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4 Run one experiment

One change I'll test

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For how long

.....

How I'll measure it

.....



The Attention Economy

MEDIA LITERACY

If the app is free, your attention is the product. Decode the design — then take the controls.

“You’re not the customer. You’re the inventory being sold to advertisers.”

1 Decode the hooks // name your counter-move

Infinite scroll

No bottom, no stopping point — so you never hit a natural “done.”

MY COUNTER-MOVE

Variable rewards

Pull-to-refresh works like a slot machine: maybe something great, maybe nothing.

MY COUNTER-MOVE

Streaks & badges

Turns quitting into “losing progress,” so you log in out of guilt.

MY COUNTER-MOVE

Autoplay

The next video starts before you decide to watch it.

MY COUNTER-MOVE

Notification badges

Red dots manufacture urgency for things that rarely are.

MY COUNTER-MOVE

Like counts

Ties your mood and self-worth to a public number.

MY COUNTER-MOVE

2 Whose goals win?

When you open the app, whose goal usually wins — yours, or theirs? What tips it?

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3 Take the controls

2 settings I'll change

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1 mindset shift I'll try

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