WHAT I FOCUS ON, GROWS

the top 3 social platforms(apps) that is consuming my attention

	APPS/PLATFORMS	AVERAGE TIME I SPENT ON IT LAST WEEK
☐		
☐		
☐		

what type of content am I consuming?

	POSITIVE	NEGATIVE
ENTERTAINMENT		
CAREER		
MOTIVATION		
RELATIONSHIP		
HEALTH		
SELF CARE		
OTHERS		

my positivity score
(total positive content/total no: of content)

my entertainment score
(total entertainment content/total no: of content)

I decide to give up

I am willing to substitute

what actions should I do to focus on things that matter to me

I commit to do <action> every <frequency> at <time>

action 1	<hourly/daily/weekly>	<morning/afternoon/evening/night>
action 2	<hourly/daily/weekly>	<morning/afternoon/evening/night>
action 3	<hourly/daily/weekly>	<morning/afternoon/evening/night>