



# TECH CHECK

## Habit Challenge

After the [Tech Check Interview](#), answer the questions below to change or start a habit to support your well-being.

### QUESTIONS

**HABIT:** What is one tech habit you want to change or start doing differently? Why is it important to you to change it?

**ALTERNATIVE:** When do you typically do this habit? What prompts it? What do you want to do instead?

**TRICKS:** Are there any other tricks that could help you stick to you habit challenge?

Example: If I want to stop using my phone at 10 p.m., a trick is to set Focus (Sleep) settings so my phone reminds me every night. If I want to run in the morning instead of checking my phone, I might put my sneakers next to my bed and my phone charging across the room.

**CHALLENGE:** According to habit science, it can help to write out your plan: "Instead of \_\_\_\_, I'm going to \_\_\_\_." I am going to try this for \_\_\_\_ days."

**HELP:** It can be easier to change a habit when you have help. Pick one person who could help. What could they do to help?

### PLAN

Five large, light blue rectangular boxes stacked vertically, intended for writing a plan.



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