



*As you reflect, take special care to consider how technology is influencing these spheres of your wellness*

*Physical*

- Eating habits / diet
- Fitness
- Sleep
- Relaxation
- Environment
- Appearance

*Intellectual*

- Education
- Learning
- Reading
- Creativity

*Social*

- Relationships
- Time
- Quality / intimacy
- Communication
- Support
- Community

*Spiritual / Emotional*

- Self-esteem
- Purpose / meaning (life)
- Values & beliefs
- Stress level
- Reflection / meditation
- Self-awareness

*Financial / Professional*

- Budgeting
- Income
- Work hours
- Performance
- Purpose / meaning (work)

*Fun / Recreation*

- Leisure
- Hobbies
- Passions
- Laughter



# Digital Wellness Reflection

Use the case studies on the workshop guide to aid in your reflection

Identify 3 wellness priorities / wedges to focus on from the Digital Wellness Wheel:

- 1.
- 2.
- 3.

## Privacy Check-in

When considering how to use and / or disconnect from various technologies, always keep privacy considerations in mind. Find tools to help you set priorities & make informed choices here: <https://tinyurl.com/PersonalDataPlan>

## Priority 1:

How is technology negatively and / or positively impacting this area of my wellness?

How can I leverage / cut out technology to improve my wellness? What steps can I take to improve my habits?

## Priority 2:

How is technology negatively and / or positively impacting this area of my wellness?

How can I leverage / cut out technology to improve my wellness? What steps can I take to improve my habits?

## Priority 3:

How is technology negatively and / or positively impacting this area of my wellness?

How can I leverage / cut out technology to improve my wellness? What steps can I take to improve my habits?