

# Personal Technology Self-Assessment

*This worksheet is a tool to help you assess how and when you interact with technology, identify which uses are essential, and from which uses you should consider fasting.*

A. Place a checkmark beside the devices you personally use:

- |                                     |                                     |   |
|-------------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Cell phone | <input type="checkbox"/> Laptop     | <input type="checkbox"/> Desktop computer |
| <input type="checkbox"/> Tablet     | <input type="checkbox"/> Television | <input type="checkbox"/> Other:           |

B. On the devices you checked above, **which types of apps or tasks do you engage in?** (Note that this list is **not** exhaustive – please add any missing from the list that are true for you! If you cannot think of anything, open your phone/device and it will show you.)

## Communication

- |   |   |                                       |
|---|---|---------------------------------------|
| <input type="checkbox"/> Texting - work   | <input type="checkbox"/> Texting - personal                               | <input type="checkbox"/> Email - work |
| <input type="checkbox"/> Email – personal | <input type="checkbox"/> Workplace communication (slack, Microsoft teams) |                                       |
| <input type="checkbox"/> WhatsApp         | <input type="checkbox"/> Skype  | <input type="checkbox"/> Facetime     |
| <input type="checkbox"/> Others: _____    |   |                                       |

## Social Media

- |  |   |                                    |
|--|---|------------------------------------|
| <input type="checkbox"/> Facebook - personal | <input type="checkbox"/> Instagram - personal | <input type="checkbox"/> Snapchat  |
| <input type="checkbox"/> Facebook – business | <input type="checkbox"/> Instagram - business | <input type="checkbox"/> Pinterest |
| <input type="checkbox"/> Twitter             | <input type="checkbox"/> TikTok               | <input type="checkbox"/> Tumblr    |
| <input type="checkbox"/> Others: _____       |   |                                    |

## Other Media

- |  |   |                                       |
|--|---|---------------------------------------|
| <input type="checkbox"/> News Apps             | <input type="checkbox"/> Dating apps          | <input type="checkbox"/> Reddit       |
| <input type="checkbox"/> Wikipedia             | <input type="checkbox"/> Sports apps          | <input type="checkbox"/> Podcasts     |
| <input type="checkbox"/> Audiobooks            | <input type="checkbox"/> Music apps/platforms | <input type="checkbox"/> Company apps |
| <input type="checkbox"/> Fitness apps/tracking | <input type="checkbox"/> Photo editing apps   | <input type="checkbox"/> Yelp         |
| <input type="checkbox"/> Others: _____         |   |                                       |

## Gaming

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Mobile games  | <input type="checkbox"/> Video games   | <input type="checkbox"/> Portable gaming device |
| <input type="checkbox"/> Online Gaming | <input type="checkbox"/> Others: _____ |   |

**Video**

- Netflix
- Live/Recorded TV
- Others: \_\_\_\_\_
- Hulu
- Sporting events
- Disney+
- YouTube

**Shopping**

- Amazon
- Mobile food orders
- Clothing/household
- Others: \_\_\_\_\_
- Grocery

**Information Technology**

- Web searches (recipes, articles, coupons, news updates, sports scores)
- Navigation
- Others: \_\_\_\_\_
- Mobile Banking
- Clock

**Productivity & Task Management**

- Reminders
- E-learning apps or sites
- To Do lists
- Others: \_\_\_\_\_
- Notes

C. Look over the items you checked above and identify any that are **used for school or work exclusively**. Cross these out – you will not be fasting from these.

D. Look over the remaining items. Identify which of these are used for any of the following reasons and cross them out. These are most likely not areas you should fast from. *(Notice, however, as you go through if any of these might be being overused for non-essential reasons. Make a note of these.)*

- 1) To communicate with loved ones for necessary or important reasons (for example, staying connected with out of town family members, communicating with your children, etc)
- 2) To provide essential information for practical purposes (for example, navigation, mobile banking, health apps)

**E. The items that remain most likely represent the ways you engage with screen time for entertainment only.** Circle the remaining items and answer the following questions about them:

1) Consider the reason(s) you utilize personal technology. What need does your it fulfill? (ex. entertainment, distraction, avoidance of tasks, connection, self affirmation)

2) Why might it be beneficial for you mentally, physically, emotionally and/or spiritually to fast from non-essential technology?

3) Which types of screen time can you identify that will be the most challenging to cut out? Why?

4) What other types of activities might you be able to engage in during this fast, where can you go to get more ideas?

5) Do you have any upcoming events or situations that might make it difficult for you to stick to your commitment? (ex. long plane flight, planned hospital stay). How might you be able to prepare yourself for success?

6) What do you hope to get out of this experience?

***Take some time now to reflect, and pray over what you have written above.***

7) Describe what you will personally fast from starting March 4th.

You are encouraged to **pray over your list** and **share it** with a friend, spouse, accountability partner or community group. Encourage one another during this journey and expect that God will show up in big ways!