

CALM, COOL, — AND — CONNECTED

5 DIGITAL HABITS
FOR A MORE BALANCED LIFE



FOREWORD BY
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HOW CALM, COOL, AND CONNECTED ARE YOU?

Here's your chance to assess whether you're Ninja Calm, Barely Calm, or somewhere in between. Mark YES or NO to the following questions, as honestly as possible.

1. Do you sometimes lose track of time when scrolling through social media or websites, or watching TV?

☐ Yes

☐ No

2. Do others in your life occasionally complain about the amount of time you spend on technology?

☐ Yes

☐ No

3. Do you check your phone first thing in the morning?

☐ Yes

☐ No

4. Have you ever opted to watch TV, play video games, or answer emails on your own rather than interact with a friend or family member?

☐ Yes

☐ No

5. Do you find yourself answering texts even if it means interrupting what you are already doing?

☐ Yes

☐ No

6. Do you think your use of technology decreases your productivity?

☐ Yes

☐ No

7. Do you watch TV, use the computer, or check your phone late at night?

☐ Yes

☐ No

8. Do you often use the phone during meals or eat in front of the TV?

☐ Yes

☐ No

9. Have you ever changed vacation plans because of Wi-Fi availability?

☐ Yes ☐ No

10. Do you correspond with some online-only friends more than people you actually see in real life?

☐ Yes ☐ No

11. Do you have three or more active social media accounts you use daily?

☐ Yes ☐ No

12. If someone asks to have a talk, do you keep your phone close in case it vibrates?

☐ Yes ☐ No

13. Do you have your phone next to your bed or pillow when you sleep?

☐ Yes ☐ No

14. Do you check your email more than twenty times a day?

☐ Yes ☐ No

15. Not counting at work, do you spend more than four hours a day using electronic media such as TV, video games, phones, or tablets?

☐ Yes ☐ No

16. Do you feel behind and overwhelmed on most days with all you have to do?

☐ Yes ☐ No

17. When you have free time, do you use the phone or another device to relax?

☐ Yes ☐ No

18. Do you sometimes regret something you watched online or on TV, or something you posted on social media?

☐ Yes ☐ No

19. Do you find it difficult to sit through church without touching your phone?

☐ Yes ☐ No

20. On your day off, would it be hard for you to refrain from all electronic media?

☐ Yes ☐ No

Count your YES answers to give yourself an idea of how much change you might need to pursue in order to reach Calm, Cool, and Connected.

If you answered YES to 3 questions or fewer, you are Ninja Calm, Cool, and Connected. You have a great ability to balance technology and being fully present. You may want to loan this book to a friend who texts while you're together. If you answered YES to 4 to 9 questions, you are Almost Calm, Cool, and Connected. You haven't gone overboard with technology, but you can easily get swept away by screen madness. Work on building a few positive habits by setting limits on your screen time. Your relationships will be healthier, and you'll be much happier as a result.

If you answered YES to 10 to 14 questions, you are Barely Calm, Cool, and Connected. Warning lights are flashing. You are spending too much time looking at a screen. There are more important things to do—like being with loved ones, getting a good night's sleep, and having fun without the help of technology. Make the decision to scale back your screen time before it dominates your life.

If you answered YES to 15 or more questions, you are Nowhere Near Calm, Cool, and Connected. Red alert! Your phone is in your pocket or within three feet at all times because you love that thing. Without the constant stimulus of your phone and other screens, you'd feel anxious. You don't do quiet very well; this book will really help you create distance between you and your phone, so you can get closer to the people you care about most.