

I locked my phone in the car when I arrived home from work yesterday. I want to be present when I am home, and I can give my family more attention without a smartphone nearby. Silicon Valley should not determine my behavior when I am with my family, and when you consider how many [technology executives protect their kids from their own products](#)—but not yours—you may choose to fight back with focus.

James Clear, author of [Atomic Habits](#), writes that the [four steps toward breaking a bad habit](#) are to make it invisible, make it unattractive, make it difficult, and make it unsatisfying. So instead of locking my phone in my car tonight, I locked it in a safe. Make it invisible. Make it difficult. Perhaps you are less addicted to your phone than me. Awesome! Apply Clear's steps to a different area of your life where you need to break a bad habit.

Jonathan Haidt, author of [The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness](#), provides data that show how smartphones and social media have contributed to mental health crises in children—children who grow up to be adults. The path toward protecting our children, grandchildren, nieces and nephews, and ourselves, will involve intentional acts of detachment from screens so that we can appreciate faces, smiles, eyes, thoughts, moments, time, and life itself.

Cal Newport, author of [Digital Minimalism: Choosing a Focused Life in a Noisy World](#), goes a step further than locking phones in cars and safes by asking a poignant question—what are your values? Unfortunately, many of us are chasing our tails because we wrongly think that we can fix our toxic relationship with technology through detox and/or determination. We give children phones, Chromebooks, etc. without a clear vision of the end in mind, only to then feel compelled to build policies and rules from a place of reaction and frustration. Newport argues that we need to work backwards from our vision for our life *AND THEN* figure out what technology we want to use that supports our goals. In less than 10 minutes—if you increase the playback speed— you can hear the main points of the book by listening to his [book summary](#).

[Jesus](#), Author of creation, has a plan for my best life, and I want to make sure I don't miss it because I'm scrolling, swiping, liking, and even subscribing without intention. I choose to share my writing via an emailed newsletter instead of a pre-established social media platform because I'm defining the terms by which I create my own network, The Temple Network. Thank you for being a part of it.

The Temple Takeaway:

What are your values? Do you have a philosophy of technology use as part of your larger philosophy of your life? Use the resources provided above to live your life on purpose as opposed to fulfilling someone else's purpose for your life.