

# Taking Charge of Technology

*“Handheld devices, such as smartphones, are a blessing, but they can also distract us from hearing the ‘still, small voice.’ They need to be our servants, not our masters” - Elder M. Russell Ballard*

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## 1. What do I value about my phone as a tool?

Banking/Finances ■ Books/Reading ■ Calendar ■ Connection with people ■ Convenience ■ Creativity  
Entertainment ■ Family ■ Games ■ Gospel Library ■ Health/Fitness ■ Internet Searches ■ Learning  
Memories/Photos ■ Music/Podcasts ■ Navigation ■ News ■ Organization ■ Safety ■ Shopping/Errands  
Social Media ■ Travel ■ Spirituality ■ Work/School ■ Other:

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## 2. Where might my phone be limiting me?

### I want more...

Spiritual connection  
Meaningful relationships  
Fully present moments  
Sleep and rest  
Focus  
Creativity  
Spontaneity  
Adventure  
Peace and stillness  
Time for hobbies

### Does my phone get in the way?

|                                |                                    |                                |
|--------------------------------|------------------------------------|--------------------------------|
| <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often |
| <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often |
| <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often |
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| <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often |
| <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often |

## When am I most likely to reach for my phone without really intending to?

☐ Bored ☐ Lonely ☐ Stressed ☐ Tired ☐ Anxious ☐ Avoidance ☐ Waiting  
☐ Other:

## What is something I suspect I am missing because of my phone?

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## 3. What have I felt prompted to change or do, and when will I begin?

# Proactive Phone Management

*Ideas for creating a better relationship with your phone. Circle any that speak to you, or add your own.*

## **Give Your Phone a Designated “Home”**

- Stop carrying your phone around the house.
- Charge your phone somewhere other than your nightstand.
- Leave your phone in the car when appropriate.

## **Create Phone-Free Times & Places**

- Make the dinner table phone-free.
- Make the bedroom phone-free.
- Designate phone-free family time.
- Put your phone away during conversations.
- Keep your phone away during church.
- Have a phone-free evening each week.
- Have a regular period of time each day without your phone.
- Don't check your phone during the night.

## **Use Your Phone With Purpose**

- Before picking up your phone, ask, “**What am I here to do?**”
- Decide how long you'll spend on something before you begin.
- Stop casually browsing when you don't have a specific purpose.
- Delete an app that doesn't contribute to the life you want. Go ahead - delete more than one!
- Move distracting apps somewhere less convenient.

## **Reduce Distractions**

- Turn off unnecessary notifications.
- Turn off notification badges.
- Use Airplane Mode during meetings, church, or conversations.
- Check messages at designated times rather than whenever they arrive.

## **Break the Scrolling Habit**

- Set a daily limit for social media.
- Take a social media Sabbath.
- Unfollow accounts that don't make your life better.
- Notice how you feel before and after scrolling.
- Replace mindless scrolling with an activity you actually enjoy.

## **Protect Your Spiritual & Mental Space**

- Start your day with prayer instead of your phone.
- Take a phone-free walk.
- Watch a sunset or sunrise without your phone (no, not even to photograph it).
- Don't reach for your phone during every quiet moment.
- Spend time in a sacred or natural space without your phone.
- Ask Heavenly Father for specific ideas about how to use technology wisely.
- Notice whether your media consumption is making it harder to hear spiritual promptings.
- Choose a background image that reminds you of your commitment to follow Jesus Christ.
- Use your phone intentionally for things that help you feel closer to God.
- Make space for stillness rather than filling every silence.

## **Replace Your Phone With Something Better**

- Keep a book nearby.
- Cook without background media.
- Take up a craft.
- Learn a new skill.
- Play a game with your family or friends.
- Listen to music without simultaneously scrolling.
- Have a conversation.
- Do something creative.

## **Need a More Difficult Challenge?**

- Take a week-long fast from social media.
- Delete your biggest time-wasting app for 30 days
- Choose something you will always do BEFORE your phone (e.g. reading scriptures).
- Spend an entire weekend using your phone for only essential communication.
- Give up using your phone as an alarm clock.
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