# Directions: Part 1

1**.** Think about the different activities you do both online and offline. Write down as many as you can think of.

| What activities do you do *online*? | | What activities do you do *offline*? |
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2. Look back at your list of online and offline activities. Circle the two or three activities in each that you do most.

# Directions: Part 2

Complete the steps of the Digital Habits Checkup.

| Check Your Habits |
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| What are your current digital habits? List as many as you can. (Keep in mind: Habits can be positive, negative or both.)  Next, draw (or insert) an emoji next to each habit to show how it makes you feel. |

| Choose |
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| Thinking about how certain habits make you feel, **choose one** digital habit that you want to change or try to do differently. Why is it important that you change this habit? |

| Challenge |
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| **Challenge yourself.** Make a plan for how you would like to change your habit. Think about when you will do something different and what you can do instead. (Keep in mind: When we're trying to change a habit, it's not enough just to say what we *won't* do. We also have to come up with something to do instead!) |

| Boost |
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| **Boost your challenge.** What are some ways you can give your new habit a "boost" and make it easier to do? If you're trying to break a bad habit, what are some things you can do so that you don't slip back into old ways? |