

Decisional Balance Worksheet

What are the benefits of reducing your junk tech usage?

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What are the drawbacks?

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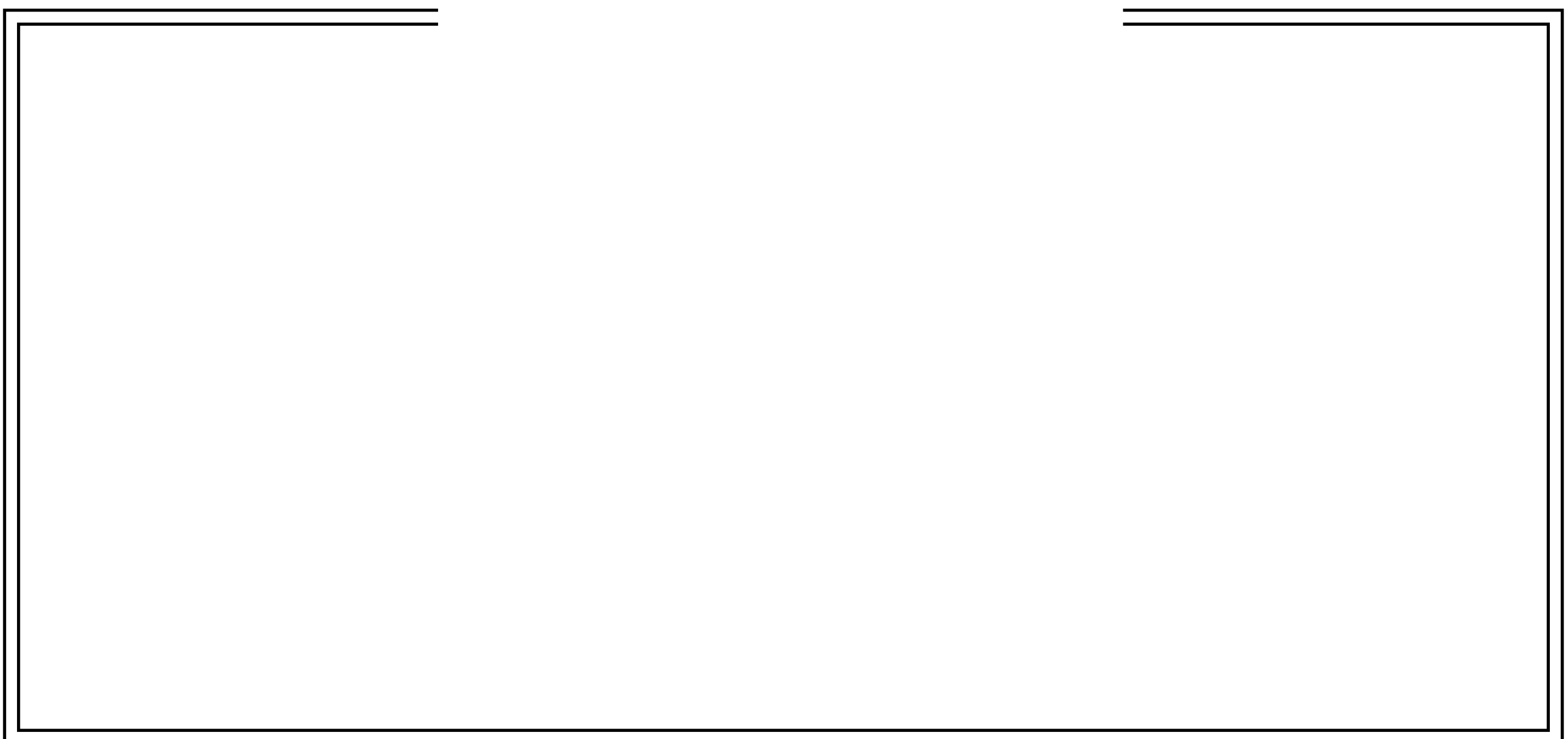
What are the benefits of going back to your old tech habits?

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What are the drawbacks ?



PAUSE AND THINK: Compare the pros and cons on the chart, with this reflection ask yourself, how would you rank each item out of 10 according to what's important to you. For example, if time with family and friends is very important, it would rank a 10/10.



Decisional Balance Chart

	NEW HABITS	OLD HABITS
PROS		
CONS		