

My Mindful Media Manifesto

TELEVISION • PHONES • COMPUTERS • VIDEO GAMES • TABLETS

create Balance

SCREEN-FREE SUNDAY

Self-Regulate Data Use

TALK AT THE TABLE AND IN THE CAR

Device Free Dinners

set up sacred screen free spaces

Are you using your time wisely?

DISCONNECT

AVOID DIGITAL DRAMA

monotask

Digital Detox

VALUE RELATIONSHIPS AND THE HUMAN EXPERIENCE

Designate Digital-Free Zones

Enjoy Face to Face Conversation

DISCONNECT IN ORDER TO RECONNECT

Purposely Put it Away and Be Present

THE USE OF TECHNOLOGY IS A PRIVILEGE, NOT A RIGHT

Log Off and Live Better Talk Instead of Text

REPLACE MINDLESS SCREEN TIME WITH MEANINGFUL FAMILY TIME

Self Control



UNPLUG



What I do and say online is subject to judgment and makes up my reputation

