

# Digital Wellbeing **Self Assessment Tool**

# What is this?

These days digital technology is so embedded in every corner of our lives that it can be difficult to begin to understand exactly how it may be impacting us.

To help get a big picture view, we have created this survey which gives you a subjective snapshot of how tech is impacting you across 6 key areas in your life:

<b>Wellbeing (W)</b>	To what extent does your tech use support your physical and mental wellbeing?
<b>Boundary (B)</b>	To what extent does your tech use help you create supportive environments and set expectations with others?
<b>Communication (Cm)</b>	To what extent does your tech use help you share information effectively and sustain healthy relationships / culture?
<b>Focus (F)</b>	To what extent does your tech use help you reduce distraction and to be present with whatever you are doing?
<b>Connection (Cn)</b>	To what extent does your tech use create the space and conditions for you to connect with yourself, inspire yourself and to learn new things?
<b>Purpose (P)</b>	To what extent does your tech use help you to be clear on your deeper goals and purpose, and align in supporting you accomplish them?

# How does it work?

On the next page you will find 18 questions. Your answer to each of these questions will be a number between 0 - 10, which relate to the scale below where 0 represents a strong negative / disagreement and 10 to a strong positive / agreement.

<b>Never / Not at all</b>	0	1	2	3	4	5	6	7	8	9	10	<b>Always / Completely</b>
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To the right of each question are 6 columns, one of which is white with a '+' or '-' sign in it. This is where you should write a number between 0 - 10 as your answer.

Once you have completed all 18 questions, you will then add up the 3 numbers in each column and place the total in the box at the bottom. This will give you 6 different scores, one for each of the 6 areas.

***N.B. When totalling each column, where a score is in a box with a '-' then you should subtract this which means you will have a final score in each column between 0 - 20.***

You can then refer to the pages after this survey which will help you understand your score in each of the 6 areas, and give advice on steps you can take to practise digital wellbeing in your life.

		W	B	Cm	F	Cn	P
1	How often do you feel like the way you use your phone is positive for your overall wellbeing?	+					
2	How often do you stick to boundaries around when to use your phone (e.g. no phone before bed)?		+				
3	How often do you feel negative about reading messages on your phone?			-			
4	How often do you become absorbed in what you are doing for long periods of time?				+		
5	In general, how often do you use your phone to learn something new?					+	
6	To what extent does your phone distract you from the things that really matter?						-
7	Relative to your close friends and family, does your phone use improve your wellbeing?	+					
8	How often do you use your phone without considering any boundaries (such as time of day or your current activity)?		-				
9	In general, does checking your phone for messages make you feel good?			+			
10	Compared to those around you, how able are you to keep focused on the main task at hand?				+		
11	To what extent do you feel that your phone use leaves you feeling uninspired?					-	
12	In general, to what extent does your phone use help you to achieve your goals?						+
13	How often do you feel that your phone use is harming your wellbeing?	-					
14	To what extent are boundaries important for determining when you use your phone? (e.g. no phone in bed, no phones when at dinner)		+				
15	How often do you feel positive when you have read a message on your phone?			+			
16	How often do you get distracted while doing something which is important?				-		
17	To what extent do you feel that your phone use helps you connect with your self?					+	
18	How often does your phone support what you are trying to achieve that day?						+
		W	B	Cm	F	Cn	P
<b>Totals:</b>							

# Wellbeing

<i>Score</i>	<i>Result</i>
<b>0 - 6</b>	<p>Overall, you feel that your current phone use is negatively affecting your wellbeing. You may be experiencing emotions like anxiety, loneliness, or overwhelm. Physically, you may be feeling listless and sedentary.</p> <p><b>To take back control, the best place to start is by observing how you feel when you pick up your device, and use that as motivation to step away.</b></p>
<b>7 - 13</b>	<p>Overall, you feel like your phone use has a neutral effect on your wellbeing. You should be conscious of the times when using your phone detracts rather than aides your sense of wellbeing. Are these moments that can be avoided? Why are you feeling this way?</p> <p><b>Improve your overall digital wellbeing by choosing ways to positively use your phone.</b></p>
<b>14 - 20</b>	<p>Overall, you feel like your phone is positively affecting your wellbeing. It may help you to feel more organised and connected, or provide entertainment. Think about just how you think your phone is improving your wellbeing and continue to prioritise those use cases.</p> <p><b>It sounds like you are already on the right track, but there may be further ways to improve how well you feel.</b></p>

For help with applying your results find practical tips and experiments here:

**[mot.fyi/lab](https://mot.fyi/lab)**

# Boundary

<i>Score</i>	<i>Result</i>
<b>0 - 6</b>	<p>You may struggle to set boundaries with when and where you use your phone. As such, the way you use it encroaches on important time which you could otherwise be spent connecting with friends, family, focusing on work, or enjoying some screen-free downtime and rest.</p> <p><b>To start getting a break from your device, choose one time of day (e.g before breakfast, over lunch, after 9pm at night), or one physical space (e.g bedroom, kitchen, kids rooms), where you will never use your phone. Create a boundary and see if you can honour it.</b></p>
<b>7 - 13</b>	<p>You may have set some boundaries for your phone use in your home for example, no phones in bed. Or you may feel that naturally you are good at determining when is or isn't a good time to connect. You may feel that most of the time you are able to adhere to these boundaries, but there are still times when your phone use gets away from you, and encroaches on your life.</p> <p><b>Build stronger guardrails for where and when you use your phone, but defining 2 phone - free spaces in your house, and 2 phone - free times of day. Observe if you are able to honour these boundaries.</b></p>
<b>14 - 20</b>	<p>You feel like you have a good sense of the spaces and places in your life which are best without devices, and are good at upholding your boundaries.</p> <p>You may be already on the right track. Perhaps it is worth considering if any boundaries could be extended? In the time and places where you don't have boundaries, how is your phone use? Are there other guardrails you could put (e.g. which apps to use, how to use them etc), which might improve your digital wellbeing further?</p>

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# Communication

<i>Score</i>	<i>Result</i>
<b>0 - 6</b>	<p>Overall, you feel that your current phone use is negatively affecting how you communicate with your friends and colleagues. This could have implications for the way you form and maintain relationships, and how connected you feel to your community, colleagues and friends. You may be finding that social media leaves you feeling left-out, anxious or low in confidence. Whilst the volume of communication over messaging apps and email can often leave us feeling overwhelmed.</p> <p><b>Try to consolidate when you check emails, social media or messages. Make the effort to call friends and family rather than to just message as it can often be more fulfilling.</b></p>
<b>7 - 13</b>	<p>You may feel that the way you use your phone to communicate is a bit of a lottery. At times, you feel it is a useful tool for staying connected to work, friends and family. At other times leaving you feeling overwhelmed, anxious or low. You may be experiencing times when there is miscommunication, or when emotions flare.</p> <p><b>It is natural that communication can be a mixed bag. We are, after all, human and relationships are messy and complex. However, it may be worth taking an audit to see if there may be opportunities to limit your communication, or choose different platforms which support you better.</b></p>
<b>14 - 20</b>	<p>Overall, you may feel like your phone supports your ability to stay connected and informed, and you view it very positively. You are in touch with how and why you communicate, and use your phone effectively as a tool to help with that.</p> <p><b>Sounds like you are already on the right track. The best approach now is to continue to stay conscious of how you communicate, making your device work for you.</b></p>

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# Focus

<i>Score</i>	<i>Result</i>
<b>0 - 6</b>	<p>You may often feel like you are distracted by your devices, and that you struggle to focus on a task, a conversation, or even a relaxing activity (such as watching a film). Many of us have now rewired our brains to anticipate distraction, which makes focusing an ongoing battle.</p> <p><b>Limit the amount of times that you have to avoid distraction, by removing your phone from the equation. Ideally, focus on a task with your phone on silent and, importantly, out of sight. Be prepared to have to train yourself to focus again, by repeatedly bringing you attention back to the task in hand. It may not be easy at first.</b></p>
<b>7 - 13</b>	<p>There may be patches of time when you feel able to focus, and others when you are easily distracted from the task in hand. Believe us, you are not alone.</p> <p><b>As you already know how to focus, and are able to do this in patches, acknowledged how rewarding it feels to be deeply immersed in a task. Use this as motivation to build more areas of focus into your life, so that you can connect more deeply with your work and the people around you.</b></p>
<b>14 - 20</b>	<p>You feel positive about your ability to focus in your work and personal lives. You have managed to create distance between yourself and your device at important times where you want to maintain your attention.</p> <p><b>Focus is an ongoing practice. See if you can continue to own your attention by limiting distractions throughout more of your day. After all, life is what you pay attention to.</b></p>

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# Connection

<i>Score</i>	<i>Result</i>
<b>0 - 6</b>	<p>By filling every waking moment, often with our phones as the comforter, it is easy to lose connection with ourselves. We need time to process, to reflect, to be bored, to daydream, to rest.</p> <p><b>If you have been spinning through every day, struggling to find peace, it might be worth taking a hard break from your phone. Go for a walk, or compete a creative activity without your phone.</b></p>
<b>7 - 13</b>	<p>You may feel like at times you have a grip on who you are and what you need, and at other times, that your emotions are largely at the mercy of your device.</p> <p><b>Use the periods when you feel positive about how your phone can assist, rather than undermine you, to be more selective about how you engage.</b></p>
<b>14 - 20</b>	<p>You may feel that you are aware of your own needs, wants and desires, and you use your phone as a tool to help you achieve them.</p> <p><b>Continue to be critical of how you are using your device, so that you continue to create the space to be bored, to daydream, to rest and to be in touch with yourself.</b></p>

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# Purpose

<i>Score</i>	<i>Result</i>
<b>0 - 6</b>	<p>Technology should exist to help us achieve our goals and aspirations. However you may be feeling that technology is diverting you from your purpose. You are treading water, rather than progressing, and technology is getting in the way.</p> <p><b>Reset how you perceive your technology. Your phone is a tool. Try to train yourself towards a new mantra. How is my phone supporting me right now? Is it helping me to live the moment / day / life that I want to live? Where is my attention being placed?</b></p>
<b>7 - 13</b>	<p>Technology should exist to help us achieve our goals and aspirations. However you may be feeling that technology is diverting you from your purpose. At times you feel like it is propelling you in the right direction, at other times it is an unwanted detour.</p> <p><b>Live by the philosophy that your phone is a tool. Continue to ask questions such as how is my phone supporting me right now? Is it helping me to live the moment / day / life that I want to live? Where is my attention being placed? This will help you to feel like your phone is supporting your purpose.</b></p>
<b>14 - 20</b>	<p>Technology should exist to help us achieve our goals and aspirations. You may be feeling positive that your current technology use is doing just this - supporting you in your life's purpose.</p> <p><b>Continue to live by the philosophy that your phone is a tool. Continue to ask questions such as how is my phone supporting me right now? Is it helping me to live the moment / day / life that I want to live? Where is my attention being placed?</b></p>

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