

TECHNOLOGY SELF-ASSESSMENT

The person you're becoming is the person you will be.

This worksheet is an invitation, not a report card. Work through it on your own or together as a family. Be honest. The goal is not to feel guilty but to get clear on where you are and where you want to go.

PART 1: WHERE ARE WE NOW?

Rate each statement honestly.

Phones and Presence

	Never	Sometimes	Usually	Always
We have phones at the dinner table.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
Phones come into our bedrooms at night.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
I check my phone within minutes of waking up.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
I pick up my phone when my kids are talking to me.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
Our kids use screens to manage boredom.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always

Social Media and Kids

	Never	Sometimes	Usually	Always
I know what apps and platforms my kids are using.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
My kids have social media accounts.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
We talk regularly about what they are seeing online.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
Screen time happens without boundaries or limits.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
I know who my kids are talking to online.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always

Our Home Environment

	Never	Sometimes	Usually	Always
Screens are the most engaging thing in our home.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
We have intentional screen-free times as a family.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
Our kids spend more time on screens than outside.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
Technology has made us less present with each other.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
We have a plan for how technology is used in our home.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always

PART 2: WHO ARE WE BECOMING

What does technology currently do well for our family?

Where is technology costing us the most as a family?

If nothing changes, what will our family look like in five years?

The family you are becoming is the family you will be.

PART 3: WHAT DO WE WANT TO CHANGE?

Check the practices you want to commit to as a family. Start with two or three, not twenty.

Phones and Devices

- No phones at the dinner table.
This single change may do more for family connection than anything else on this list.
- Charge all devices outside the bedroom at night.
For everyone in the house, including parents.

- No smartphones until high school.
A basic phone that calls and texts is enough before then.
- No social media before age 16.
- Follow your kids on every platform they use.

Rhythms and Times

- One screen-free day per week as a family.
- Screen-free mornings. No phones for the first 30 minutes of the day.
- Screen-free time after school before devices come out.
- No screens during meals, including parents.
- Devices go to bed before the family does.

The Home Environment

- Make the living room more interesting than any bedroom screen.
Games, books, instruments, art supplies within reach.
- Protect unstructured outdoor play time.
- Read physical books together regularly.
- Have honest conversations about what everyone is seeing and feeling online.

Parents Specifically

- Do not check your phone within the first few minutes of seeing your kids.
That window of reconnection matters more than it looks like it does.
- Be honest with your kids about your own struggles with technology.
- Get your own habits in order before making rules for your kids.
They are watching what you do, not what you say.

PART 4: OUR COMMITMENTS

Write down the two or three specific changes you are committing to as a family.

1.

2.

3.
