

Technology Pyramid Worksheet

List the devices, apps, software, games, and websites you interact with on a daily basis, grouping them under:

Technologies that...

Connect

Educate

Entertain

Hurt

Imagine the triangle below represents 100% of your technology time in a day. Proportion out the triangle below to represent how much time you spend with each of the technology categories. The technology category you spend least time with will go at the top and that with which you spend most time will go at the bottom.



Once you have a visual representation of your actual daily tech use, mindfully consider if your current reality matches your life goals and values. Then explore how you might make changes so as to decrease time with harmful technologies that may be preventing you from living a full, lively, well-balanced life.