

Technology Assessment Chart

Ask yourself, “How am I doing today/this month, when it comes to my technology engagement?”

| **Name / Date:** _____

A	Ability to Focus	
	Ability to Delay	
	Ability to Regulate	
B	Balance	
C	Content / Context	What broad category of technology do you gravitate toward? Strategy, Logic, Social/Relational, Media/Pop Culture, Creative Arts, Body/Kinesthetic
D	Devotion	
T	Time	

Take time to consider where you are in relation to these categories that might be issues when it comes to technology use. You might use the numbered scale below to describe your tech engagement in each domain (or that of whomever you are doing the assessment on behalf of). If short narrative notes work better for you, do that instead.

- 1 - Things are going well for me here. I feel I have accomplished this.
- 2 - I'm doing OK here but need a little work.
- 3 - This is an area I need to work on.
- 4 - I am not doing well here. I need to put in major work to master this.
- 5 - I have so much work to do here that I'm not even close to mastery.

Returning to this assessment on a regular basis can be helpful as you mindfully attempt to break some habits, set some new norms, and gather fresh tinder for your fiery life.