






THERAPY BY YOU

DIGITAL WELLNESS CHECKLIST

A Five-Step guide for reflect, rest, and digital growth

1 Check- What are My Digital Habits?

List what you usually do online. How do those habits make you feel?

Activity	Time	   1--2--3--4--5	Notes
Checking TikTok first thing in the morning	1 hr	2	I feel I lost a big chunk of my morning.

2 Choose- What Do I Want to Change

Hone in on the habit to focus on. Why does this matter to you?

I want to:

Because:

3 CHALLENGE- Try a 1-Week Experiment






Think small, specific, and time-bound. Replace the old habit with something meaningful and doable in the same context.

When im tempted by my habit I will

4 Strategies for Success

Tip	Action I Will Try	Why It Helps
Reduce Cues	Move phone to another room	Makes the default <i>not</i> using it
Use Your Tools	Set Screen Time limit	Prevents impulsive access
Add Positive Triggers	Putting a book on my pillow/nightstand	Makes new habits easier to start

Habit Tracker Reflection Table

Day	What Went Well?	What was Hard?	What Helped or got in the way?	<div>      </div> <div>1--2--3--4--5</div>
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				