

Challenge 3: Face your fear of missing out!

Assignment: Don't use your phone

Questions before the assignment

How much time do you think you spend on your phone each day?

Check your actual screentime on your phone. Was your guess close?

What do you think you will miss out on? How does that make you feel?

Questions after the assignment

How did the day without your phone go?

Did you find it difficult not to go on your phone? Why or why not?

How often did you feel the urge to get your phone?

Did you miss out on a lot? If so, on what?

Did you have positive experiences too? If so, which?

How did it feel to not have to compare yourself to others for a whole day?

