

## Step 6: RUN THE EXPERIMENT

You have spent some time thinking about yourself and your device. You've identified the tools that aren't helpful in your life and hopefully eliminated them. You've set some limits, and even tried taking time away from your device. Now it's time to put it all in to play.

Your first task - set a time to reflect again. When will be a good time to return to this process. Next week? Next month?

Pick a time, write it down below, and then write a sentence to explain your plan:

Date :

Why?

## Step 7: ENCOURAGE OTHERS

### WHAT IS THE MESSAGE YOU WILL SHARE ?

The framing here is the key. Try something like "I feel so much better since I..."

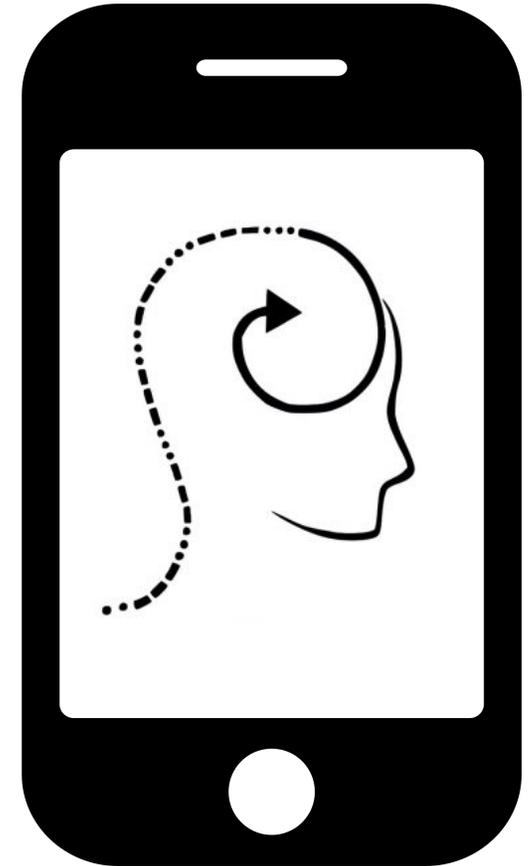
Record your message below:

@EDTECHAKK



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### WHO ARE THE PEOPLE THAT YOU WILL SHARE THIS WITH? START YOUR LIST HERE:



# RESTORE

BALANCE TO THE TECH IN YOUR LIFE

7 Simple Steps to Help  
You Take Back Control

[www.edtechakk.com](http://www.edtechakk.com)

## WHY "RESTORE"?

Remember what it was like before you had a smart phone or tablet? Day to day life was much more difficult, yet simple. Maybe even happier?

Today it's nearly impossible to exist without being constantly connected to the Internet. Smart phones have changed the way we communicate, get information, navigate, shop, entertain ourselves, and more.

While syncing my Apple iPhone a few years ago I noticed the option in iTunes to "Restore Phone".

This made me ponder the question - what if there was an option to "Restore User"?

Could we click a box and go back to the way things were before email, texting, streaming videos, and constant social media comments?

Definitely not. But maybe there is a way to take back some control over these addictive devices.

The key word is **RESTORE**.

R - Reflect

E - Eliminate

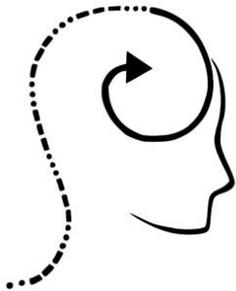
S - Set Limits

T - Take a break, and

O - power OFF

R - Run the experiment

E - Encourage others to do the same



### Step 1: REFLECT

Put down your device. Disconnect. Pause. Ask yourself - **WHEN** do I use this? **WHERE** do I use it? **WHY** do I need it? Or better yet, do I really **NEED** it? Sometimes the answer is YES. Make a list of four positive ways you use your phone:

- 1.
- 2.
- 3.
- 4.

### Step 2: ELIMINATE

Now think of the negatives. Are you compulsively using your device? Do you have a fear of being disconnected? Suffer from FOMO? Anxiety? Worse? List the apps below that you need to remove from your device because of the negative consequences they have on your mind and body.

### Step 3: SET LIMITS

Where are you finding yourself getting lost in your device? When do you find yourself craving that connection? Take back control by setting limits on when and where you use your phone. List three times and/or places where you will try to go without your device:

- 1.
- 2.
- 3.

### Step 4: TAKE A BREAK

### Step 5: POWER OFF

Time for a Digital Detox! How long can you stay away from your device? One hour? One day? A week? Set a goal in the space below:



### THINK OF 3 APPS THAT...

### AND THEN DELETE THEM FROM YOUR DEVICE

...Waste Time

...Give You the "feel bads"

...Perpetuate Distraction