

# Digital Life

What did I consume on my phone before checking in with myself?



How is social media affecting my mood right now?



What deserves my attention before notifications get to choose for me?



What comparison from my feed am I carrying into this morning?



What would I do with 30 phone-free minutes today?



What digital boundary would make today feel lighter?



What would I notice about my own life if I stopped checking everyone else's?

