

# Digital Audit

## KEY IDEAS:

- Understanding our tech habits as knowledge workers and the impact of 'digital presenteeism' (always need to be seen to be switched on).
- Do a digital audit with a tech tool, or good old-fashioned paper and pencil. While this won't be a 'fun' activity to undertake, the data will be helpful.
- What's driving your digital habits? 1. Unmet psychological needs (connection, competence or control), 2. habits, 3. your brain (dopamine & prefrontal cortex impaired), or 4. persuasive design principles?
- 4 pillars of digital wellbeing: 1. Digital borders & boundaries, 2. Neuro-productivity hacks, 3. Disable digital distractions, 4. digital disconnection.

# MODULE 1

## *tasks*

### ● TRACK YOUR DIGITAL TIME

Use one of the tools from [RescueTime](#), Screen Time (iOS), Digital Wellbeing (Android), spreadsheet or 'go analogue' with paper and pencil.

### ● TAKE THE DIGITAL WELLBEING CHECKUP

Go to- [drkristygoodwin.com/checkup/](https://drkristygoodwin.com/checkup/) and complete the quiz. Take a screenshot of your results (and save this screenshot).

Record your scores below

Overall score-

Digital borders & boundaries-

Neuro-productivity hacks-

Disable digital distractions-

Digital disconnection-

### ● DRIVERS & SUCCESS

Give some thought to what are your personal or professional drivers that are motivating you to change your digital behaviours.

What does success at the end of this eCourse look like for you?

You can think about this, or jot some ideas at the back of this workbook or in a journal.

### NOTES-

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# Module 1

## *Important Notes*

DIGITAL  
*Wellbeing*  
RESET