

Seek purposeful ways to spend your valuable time outside of technology.

Have a specific purpose for using technology, and limit its use when you are bored, lonely, angry, or stressed.

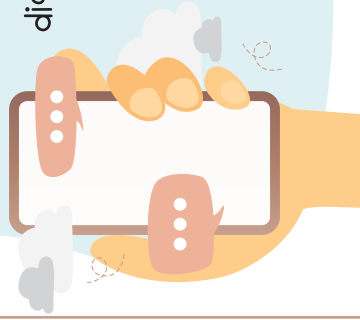
### Be like the Savior.

Give Undivided attention to someone when they are talking to you.

Be Disciplined. Prioritize personal connection.

### Take regular breaks.

Train yourself not to respond immediately to every notification and alert.



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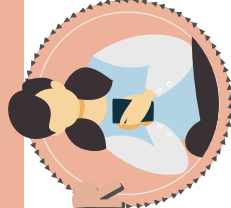
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