

# Struggling with screen time?



**You're not alone.** And it's not a willpower problem. Phones are built to keep you on them. If cutting back hasn't stuck, it's probably not you.

## 1. Answer two questions.

How **motivated** are you to change your phone habits?

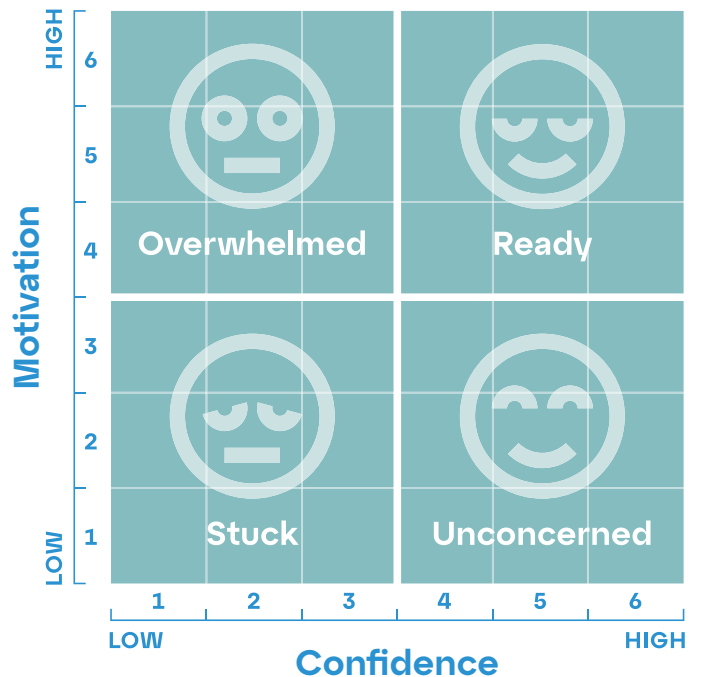
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6
LOW			HIGH		

How **confident** are you that you put the phone down when you want to?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6
LOW			HIGH		

## 2. Find your type.

Mark an **X** where your answers meet on the Offline.now Matrix.



Scan here to take this quiz online.

## 3. Learn about your type. (See back of this page.)



Offline.now helps people find digital balance. Based on the book *Offline.now: A Practical Guide to Healthy Digital Balance*. Supported by University of Toronto Entrepreneurship & Global Day of Unplugging.



# 3. Learn about your type.

## The Offline.now Matrix: Four starting points for changing screen habits.



### Overwhelmed

*"I really want to make a change, but I'm unsure how to start or stick with it."*

**Your strength:** You've got the motivation. That's the hardest piece to come by – and you already have it.

**Your risk:** The trap is ambition – too big a goal, too fast, or at a time of day when you're already depleted. Every missed attempt dents your confidence a little more.

**Your path:** Start after dinner – the easiest window for most of us. Pick something small you know you'll succeed at. Smaller is better – even if it feels meaningless, that's fine. The point isn't change, it's proof that you can follow through. Try it for a week. Then check in with your confidence.



### Ready

*"I've got the drive and the skills – let's go!"*

**Your strength:** Motivation and confidence, both high. You've got some digital habits in place already – and you can build on them.

**Your risk:** The trap is overconfidence – feeling ready in one area and assuming that carries everywhere.

**Your path:** Pick something that's already working – a boundary, a routine, a time of day. Push it 10%: a little longer, a little more often. Run it for a week. If it holds, push again. Not a new life – a compounding one.



### Stuck

*"I've tried before. It never works."*

**Your strength:** You're not fooling yourself, and you haven't given up. Both things are true, even when it doesn't feel like much. That's a powerful starting point.

**Your risk:** The trap is waiting for motivation or meaning to come back before acting. It rarely works that way.

**Your path:** Find meaning. Think back – when did things feel less stuck? Or forward – what would it feel like if things changed? Even a flicker can fuel motivation. Then try one tiny habit change this week, after dinner. So small it's almost laughably small, but you can guarantee success. A few small wins, and Stuck starts to get unstuck – and can transform into Ready.



### Unconcerned

*"I'm in control. I could scale back if I wanted to – but honestly, I'm fine."*

**Your strength:** You feel fine about your phone – and maybe you are. You might also be curious, or looking for a second opinion. All fair.

**Your risk:** The trap is mistaking "I'm fine" for evidence. It might be true. It might not. Without actually testing it, you can't tell which.

**Your path:** Design a self-test. Pick something that would genuinely prove your control – not trivial, but within what you believe. Try it this week. If you pass, amazing – you're right where you think. If not, retake the quiz.

**No shame. No judgment.** Offline.now is an evidence-based community for improving your relationship with screens – on your terms. Find an expert, read the book, explore the ideas. Because sometimes it's about the phone. And sometimes it's what the phone helps you avoid.



Scan here to find your starting point.



Scan here for over 200 ideas to help you unplug.

