

Questions

1

What do you love about technology?
What bothers you about technology?

Values

2

Write down at least one personal value that has significant meaning for you. (Use the back.)

Goals

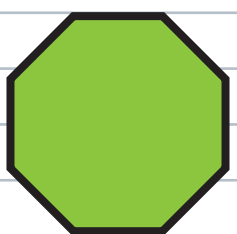
3

- A. select at least one thing you will do with technology this week that matches your values
- B. write and display your goal where you'll see it often
- C. choose someone awesome to share it with and report back to

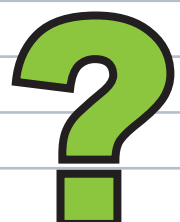
STOP: Before you click, swipe, post, play or search, pause for "Just a S.E.C."

EVALUATE: Ask, "Does what I'm about to do match my goals and values?"

CHOOSE: Continue OR make a different choice that matches your goals and values



STOP



EVALUATE



CHOOSE

Just a S.E.C.

How do you feel?? What worked or didn't work??

MY Values

***The important thing when choosing a core value, is that it is something that is within your control. It could be how you prioritize your family (regardless of their choices), how you exercise your faith, how you live with courage, your kindness, your attitude of gratitude, how you pursue personal happiness, how you live with integrity, etc.*

What is one personal value that has significant meaning for you?

Why is this value important to you?

What are some choices you make that are evidence of your value?

Who is someone you know that seems to share your value? How can you tell?

What else can you do to live true to your value?