Your Technology. Your Time. Your Opportunity.

INDIVIDUAL SELF-ASSESSMENT

Past seven days: _____ to _____

Enter your time in minutes. In the God / Encouragement column, enter the portion used to lift someone up, offer prayer, share hope, or point someone toward God.
Count each minute once. God / Encouragement time is part of total time, not extra time.

Activity	Name: _____ **Total** minutes	**God*** minutes
Cell Phone Talk		
Cell Phone Text		
Facebook		
Threads		
Instagram		
TikTok		
Other: _____		
TOTAL MINUTES		

*God = intentional encouragement, prayer, hope, or sharing God's love.

CALCULATE YOUR PERCENTAGE

God / Encouragement minutes ÷ Total minutes × 100 = Your percentage

My calculation: _____ ÷ _____ × 100 = _____ %

If total time is zero, leave the percentage blank.

REFLECT AND CHOOSE ONE ACTION

What do I notice about how I use technology?

During the next 30 days, I will...

A reflection on intention, not a score of your faith.