Your Technology. Your Time. Your Opportunity.

GROUP 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: _____		Name: _____		Name: _____	
	Total minutes	**God*** minutes	**Total** minutes	**God*** minutes	**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

Participant 1: _____ % Participant 2: _____ % Participant 3: _____ %

If total time is zero, leave the percentage blank.

Share only what you feel comfortable sharing. Use another sheet for group reflections.
A reflection on intention, not a score of your faith.