

**ADDICTED
TO YOUR
SMARTPHONE?
TAKE THE TEST
NOW!**

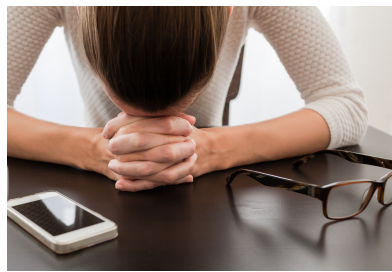
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How does your time on your phone impact your sleep, your productivity, your well-being, your social life?

Dealing with your phone is a very personal matter, only you can decide whether your situation needs some adjustments or not. This self-assessment quiz is a way to help you gain clarity and identify areas for improvement.

You can book a free 15-min coaching session [HERE](#) to share your results with me!



HABITS

- What time do you turn your phone on?
- What's the first thing you look at on your phone in the morning?
- What's the last thing you look at on your phone at night?
- What time do you turn your phone off?
- Where do you leave your phone at night?
- How much time do you spend staring at your smartphone daily?
- How much time do you actually spend talking with someone over the phone daily?

SETTINGS

- How many applications send you notifications every day?
- How many sound notifications? How many written notifications?
- Do you ever customize your background wallpaper?
- If you do, what's your intention when you do it?
- Do you often set your phone to silent mode or airplane mode?

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PRODUCTIVITY AND SOCIAL LIFE

- Where is your phone when you work?
- Can you easily focus?
- Are you often interrupted by phone notifications at work?
- Do your family and friends complain about your screen time?
- If so, how do you feel when they do?
- At the end of the day, do you usually feel you accomplished what you had planned?

WELL-BEING

- How do you feel when you don't know where your phone is?
- How do you feel when you run out of battery and can't charge immediately?
- Do you get enough sleep?
- Do you have any mood swings?
- Do you often scroll while eating?
- How does the idea of spending 24h without your phone make you feel?



If you want to take a first step towards digital detox,
download for free now!

3 Mini Challenges to Reduce Your Screen Time
No One is Doomed to Screen Addiction