

THE BALANCED DIGITAL LIFE STARTER PACK



A guide to unplug, refocus, and
reconnect — without quitting tech.

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Introduction: Why You Need This Pack

In our world today, technology has revolutionised how we live, work, and connect with people. With the continuous use of tech, there is now a rise of increased screen time, endless scrolling, and digital distractions.

Oftentimes, we feel drained, disconnected, and overwhelmed after prolonged use of our phones, laptops, and other tech devices. But can we do without these devices completely? The answer is simply NO.



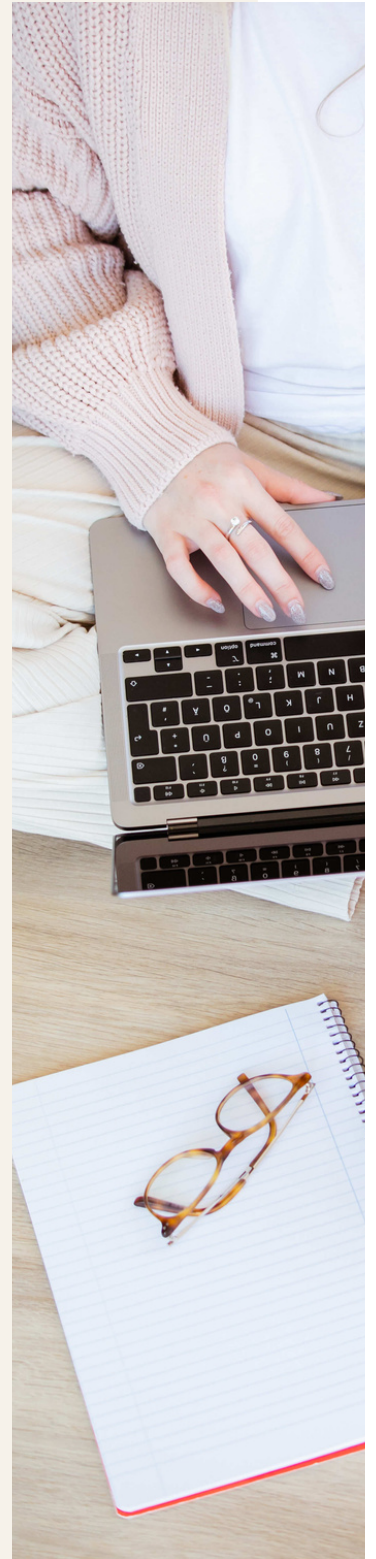
Because technology is now woven into our lives, we need to find a healthy balance in how we use our devices so we can truly benefit from them.

This guide is for you if:

- You feel constantly distracted by your phone or computer
- Your productivity is dipping because of endless multitasking
- You struggle to be present in your relationships
- You want more peace and purpose in your daily routine

The Balanced DigiLife Blueprint

1. **Record:** For the next 1 week, keep track of your screen time. This covers the time you are on your digital devices be it phone, tablet or laptop. Be as detailed as possible.
2. **Reflect:** At the end of your week, check your screen time to know what occupies you often. Which application took most of your time? Do you need to make any changes?
3. **Reset:** Based on your findings after reflecting, plan out how you want to spend time on your devices. What activities are a must? What time can you set aside for that?
4. **Review:** Review how you spend your day each evening to track if you are following your plan. If not, go back to step 3, reset, and keep reviewing to follow your plan.





Own Your Time

Let's face it, tech takes up a lot of our time these days. But here's the thing: it doesn't have to take over your life without you even realising it. You can be in control of how you spend your time. It all starts with a bit of planning.

When you are intentional about what matters and set time aside for it, you'll stop feeling like your days are just slipping away. Without a plan, it's easy to wonder, "Where did all my time go?" But with a little structure, everything shifts.

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You will never find time for anything.
If you want time, you must make it.

Charles Buxton

Conclusion and Next Steps

I hope this starter pack has helped you figure out where you are now and given you a fresh start to build better habits with your screen time. And hey, don't feel bad for watching IG reels, YouTube videos, or scrolling through Facebook. The key is to make time for it on purpose.

When you know you've already taken care of the important stuff, those screen moments feel earned and way more enjoyable. So go ahead, scroll guilt-free. A balanced digital life means making tech work for you, not the other way around.



Your journey doesn't have to end here. Reach out, share your story, or just say hi. I'd love to connect and grow with you.

Thank you!



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