

FOR THE PEOPLE.

SCREEN-BASED ADDICTION™

THE PURPOSE PLEDGE

I pledge to be present in this moment and intentional with my time. I will remember that my attention is valuable, and I get to choose where I give it.

When the screen goes off, I'll show up.

I WILL USE THIS TIME TO:

- **BE PRESENT** — enjoy what is happening around me right now.
- **CONNECT** — talk, laugh, listen, and spend time with people who matter to me.
- **EXPLORE** — try something new and discover what interests me.
- **MOVE** — give my mind and body time to play, exercise, rest, and recharge.
- **CREATE** — use my imagination, build something, make something, or learn something.
- **FEEL** — acknowledge my emotions verbally or write them down.
- **CHOOSE** — remember that I control my screen; my screen does not control me.

I choose presence.

I choose balance.

I choose purpose.

My Name: _____

Date: _____