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How To Spend Less Time In The
Digital World and More Time In
The Real World



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John is a passionate person who will go the extra mile and over-deliver.

John's words of wisdom:

"I believe that knowledge is power. Everyone should improve themselves and/or business, no matter what stage in life they're in. Whether it's to develop a better mindset or to increase profits. Moving forward is key."

If you would like to learn more from John Turner, please visit:

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INTRODUCTION



Introduction

It is becoming very challenging to put the phone down. Not only are most people working in front of a screen all day, but most do it at home too. Several people go home after work and sit in front of the TV and browse their phone.

We live a digitalized life. Over 80% of the population owns a mobile device, and 57% of them have more than one type of device. Not only are our electronic devices connected to the internet, but it is also in our car, the fridge, our watch, our games, and even our home. This omnipresence of technology begs the question, how can we free ourselves from an addiction to the digital world?

Here's a short survey that will give you an idea of your relationship with technology. While this is not a scientific survey, it gives you an idea of your relationship with the digital world.

	YES	NO	I DON'T KNOW
Do you sleep with your phone next to your bed?			
Do you look at social media an hour or less before bed?			
Is it hard for you to sit in silence (ex: on your commute or in a car)?			

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Do you eat most of your meals in front of a screen?			
Do you use your phone as an alarm?			
Do you check social media while you are at work?			
Do you usually check your phone as soon as there is a notification?			
Do you turn on the TV when you come home from work?			
Do you have a smartwatch?			
Would you say that your daily screen time is more than 5 hours a day?			
Is looking at your phone an automatic behavior that you don't always do consciously?			
Do you have a hard time falling asleep or staying asleep?			
Do you struggle with weight?			
Do you have difficulty with your attention or concentration?			
Do you check your phone or browse social media when you drive?			
Do you sometimes feel like your phone vibrate, and yet there are no notifications?			
Do you feel anxious if you forget your phone or don't have access to it for a while?			
Does it irritate you when people tell you that you are not listening or paying attention to them while they speak to you?			

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Would you consider your electronic devices as your most valuable belongings, something you could not live without?			
TOTALS			
	YES	NO	I DON'T KNOW

Now calculate the totals, what do you notice?

Mostly NO: Great, that means that you have found a spot in your life where you use devices and, they don't use you and admittedly don't govern your life.

Mostly YES: This is a sign that this guide is for you. Your life seems to be influenced a lot by your screen time; you might be losing a lot of time and energy on devices that don't fulfill you. Besides, if you said "yes" to almost all the questions, you are likely an artist at escaping reality. It might be time for you to take control of your life. It won't be easy to unplug, but with determination and patience, you will get there!

Mostly I DON'T KNOW: This is not necessarily a good thing. You might be in denial and unable to be aware of your behavior. This guide will help you be more conscious of your habits and how you can live a more fulfilling life.

Whether you want to completely break up with social media or develop a healthier relationship with technology, this guide is here to help you