THE PROBLEM

Do you ever feel like you’d be lost without your phone, or find it hard to put it down? In the research, we found out young people are:

• Not aware of being app-dependent
• Easily to get distracted by technology
• Caring external life more than personal struggles and planning

ADVANTAGES

• Self-directed method and kindly reminders to help shift the balance in your life from app-dependence to app-enablement.
• Monitoring usage hours everyday to gain control of technology use.
• Spend mindful moments to reflect on the inner sense of meaning and purpose.
• Experience a sense of accomplishment by earning badges.

3 STEPS TO HELP SHIFT TECHNOLOGY BEHAVIOR

Step 1: Be Awareness

Time Cultivation
Chart your activities and start to play a game that helps you stay focused and become self-consciousness.

Step 2: Gain Personal Insight

Habit Formation
Set the goal of daily technology usage.
Transcend reminds and motivates you on forming good habits

Step 3: Build confidence

Self-Reflection
A daily random prompt to gain personal insights and think big by reflecting on your life.