

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:

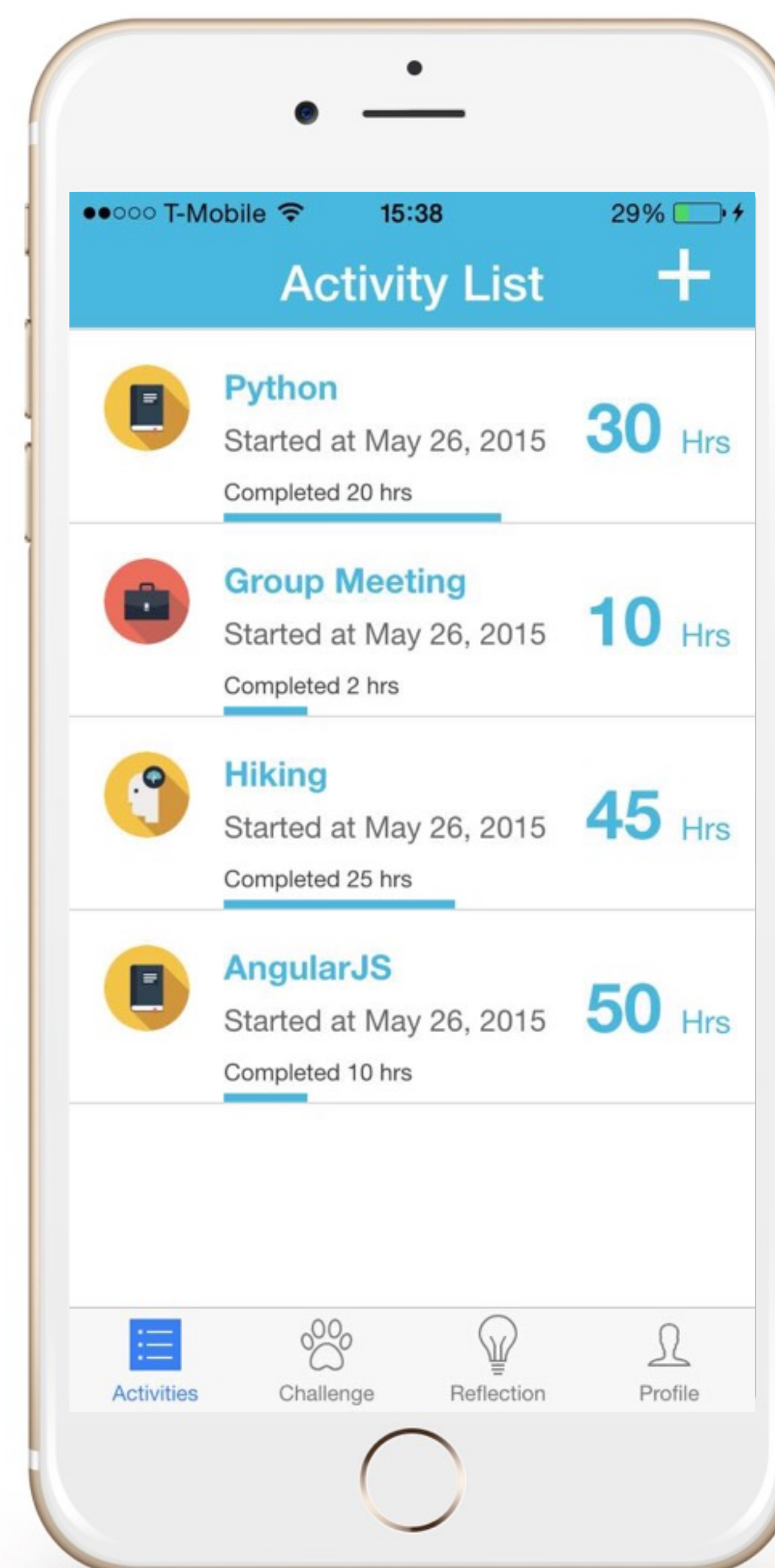
- Not aware of being app-dependent
- Easily to get distracted by technology
- Caring external life more than personal struggles and planning

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

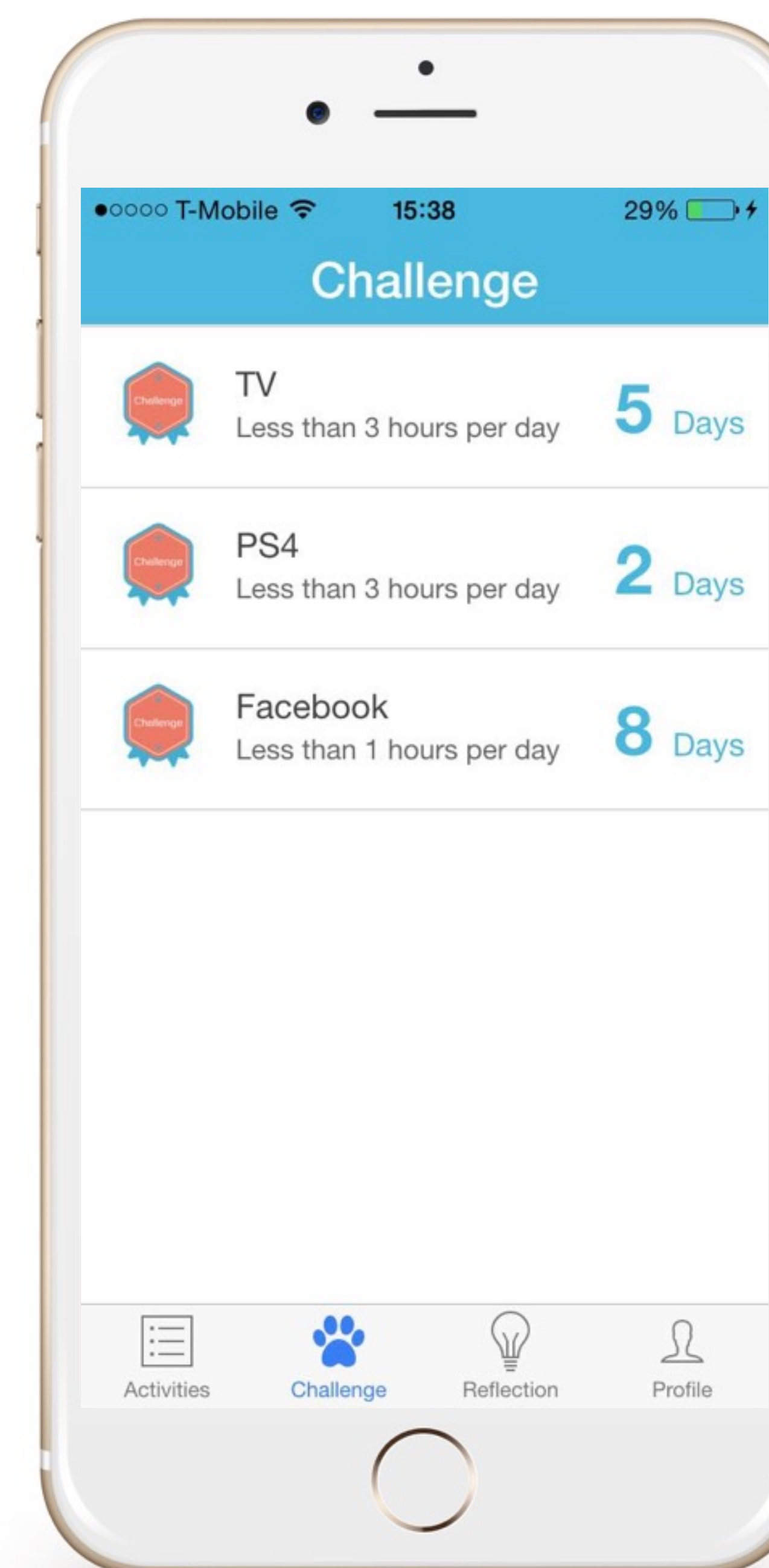
Step 1: Be Awareness



Time Cultivation

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

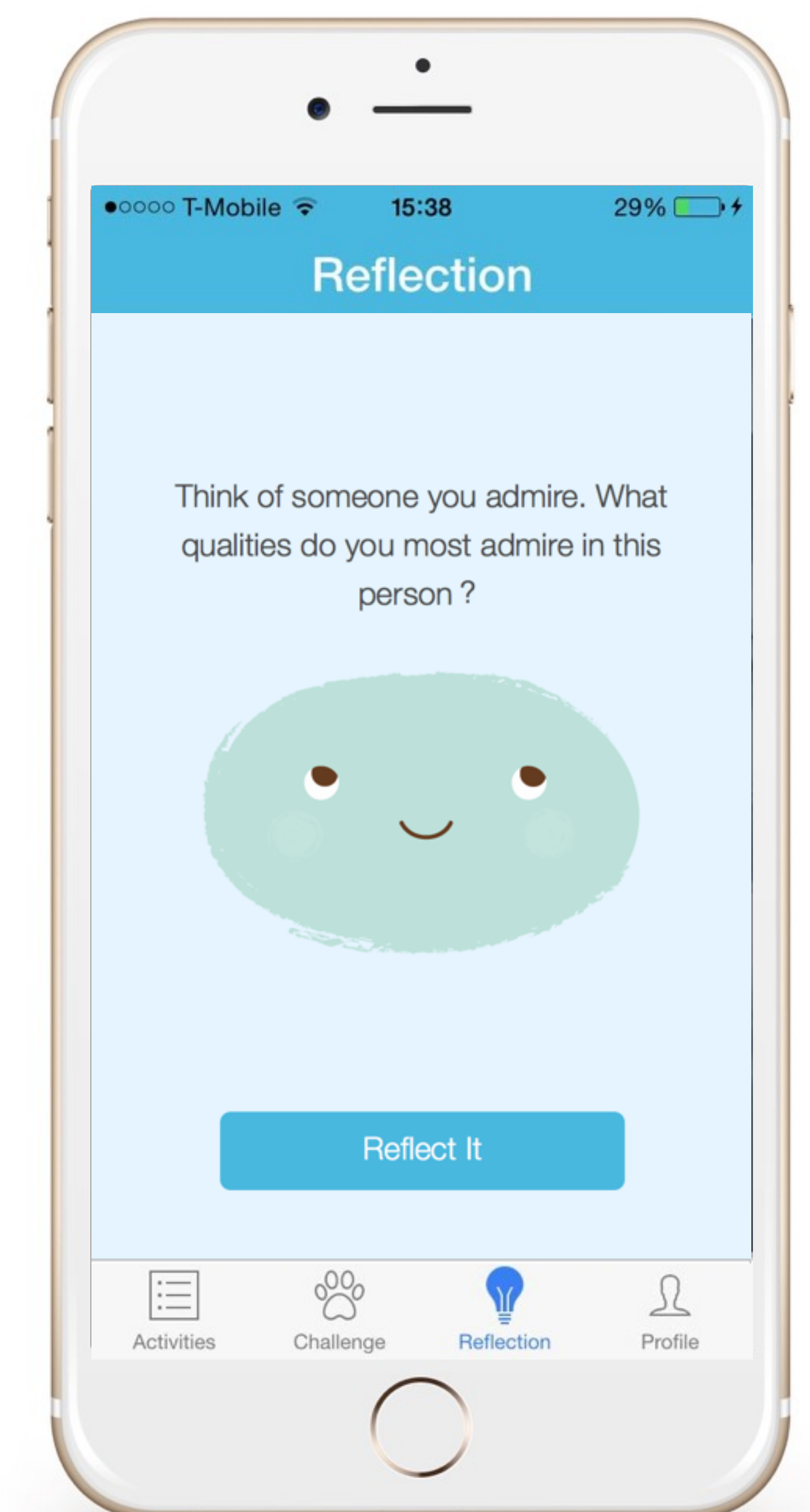
Step 2: Gain Personal Insight



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.