

I AM CELEBRATING THE CLARITY THAT COMES WITH LESS SCREEN TIME

I am celebrating the clarity that comes with spending less time on screens, allowing myself to notice the vivid details of the world around me. As I consciously detach from digital devices, my senses are heightened, and I am more attuned to the simple beauty of everyday life.

The colors are more vibrant, the sounds more distinct, and the moments more meaningful. This intentional choice to step away from screens allows me to be fully present in my interactions, engaging deeply with the people and experiences that matter most.

By embracing this shift, I feel a renewed connection to the world, experiencing life with greater intensity and authenticity. I appreciate the peace and joy that come from living in the present moment, unfiltered and undistracted.

I am grateful for the clarity that emerges as I reduce screen time, allowing me to live more fully and connect more deeply with myself and others.

REFLECTION QUESTIONS

1

What benefits have I noticed from reducing screen time?

2

How can I further limit my screen use?

3

In what ways has my perception changed with this new clarity?