Digital Boundaries Worksheets

1. Reflecting on Current Digital Use

List the digital platforms and devices you use regularly (e.g., social media, email, smartphones), and describe how they impact your daily life.

_____

_____

_____

2. Identifying Negative Impacts

Reflect on any negative impacts your digital use has on your mental, emotional, or physical health.

_____

_____

_____

3. Setting Digital Boundaries

Based on your reflections, define clear digital boundaries that you want to set for yourself. Consider screen time limits, specific times or places for digital detox, and boundaries for online interactions.

_____

_____

_____

_____

4. Implementing Digital Boundaries

Outline steps to implement the digital boundaries you've set. Include any tools or methods you'll use to monitor and enforce these boundaries.

_____

_____

_____

5. Handling Challenges

Identify potential challenges to maintaining your digital boundaries and plan strategies to address them.

_____

_____

_____

_____

6. Communicating Your Boundaries

Plan how you will communicate your digital boundaries to friends, family, and colleagues to ensure respect and understanding.

_____

_____

_____