

[Family Digital Media Plan

Our Values

As a family, we use this contract to help ourselves engage with digital media intentionally rather than accidentally. These values, not the behavior-modifying effects of persuasive technology and digital marketing, will drive our digital lives:

- We want lifestyles and habits that make it easier, not harder, to be like Jesus.
- Real-time interactions are higher in priority than screen-mediated ones.
- Through purposeful curation, we will pursue satisfying engagement with media.

Our Family Rhythms

To work together toward these values, our family engages on these practices together.

Standing / Daily

Weekly

Monthly

Quarterly

Implementation Intention

These are the dates on which we plan to activate some of these rhythms.

10/8/23:

10/22/23:

11/5/23:

11/19/23:

12/3/23:

[]'s Digital Media Plan

My Values and Goals

I take on these practices because:

- I want to be the best version of myself—that God has made me to be, that Christ has saved me to be, that the Spirit is shaping me to be—for the good of myself, my family, and my community.

My Rhythms

In addition to my family's rhythms, I practice these things for the sake of my values and goals.

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