

# Digital Audit

- How often do I look at my phone/go online?
  - What for?
  - For how long?
  
- What does this reveal about my priorities?
  - Do they fit with God's purposes for my life or work against them?
  
- Is my use of digital technology helping or hindering:
  - my relationship with God?
  - my relationship with others?
  
- What do I need to change?