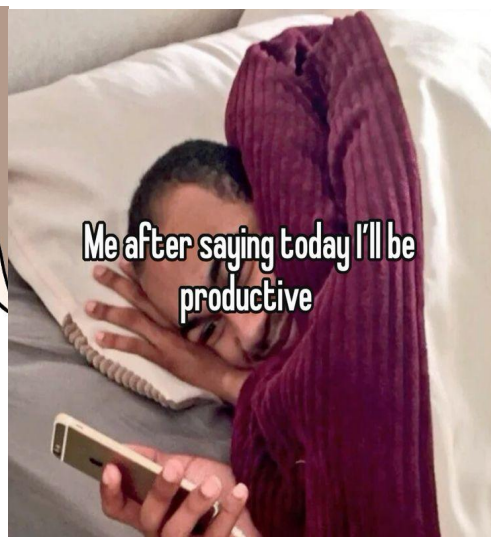
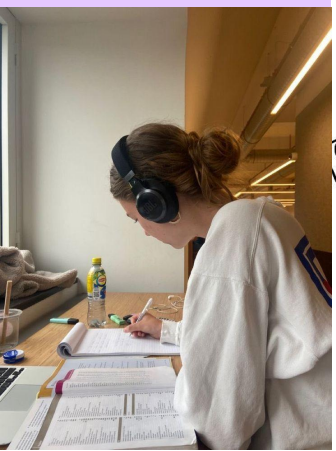
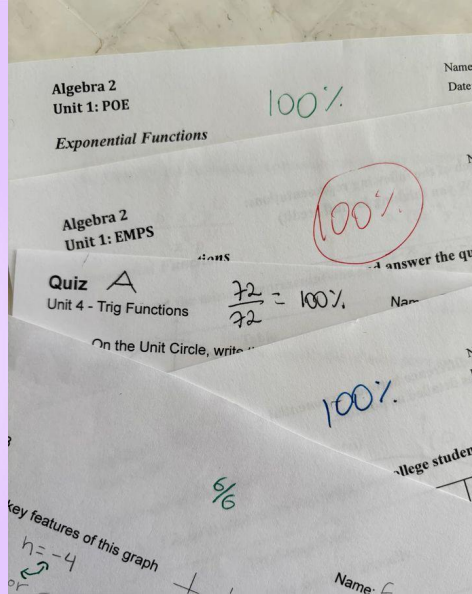


Luisandra

I am evolving into the highest version of myself.



discipline

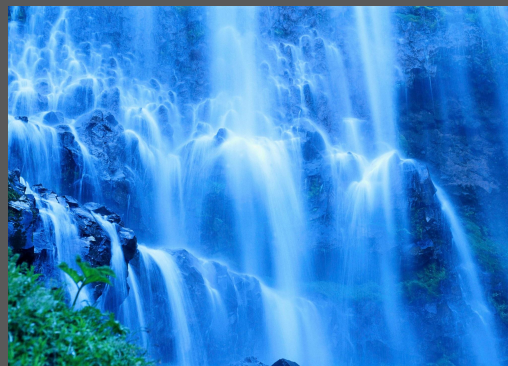
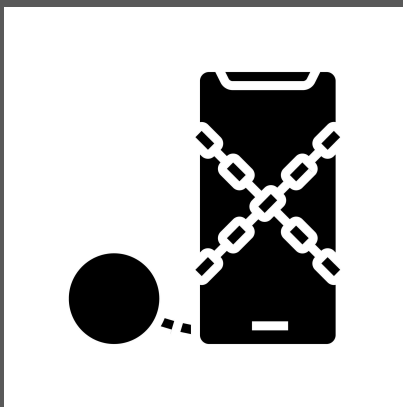
[di-suh-pluhn] noun

the practice of doing what you don't want to do when you don't want to do it.

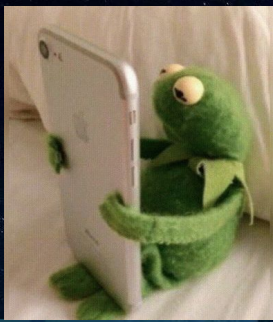
pushing yourself further when no one else is going to do it for you, towards making your dreams into a reality.

- ### what to do instead of being on your phone!
- paint your nails/toes
 - read
 - make a bracelet
 - color
 - go through your closet
 - bake
 - go on a walk
 - practice curling your hair
 - stretch
 - journal
 - practice your sport
 - write a poem
 - create a bucket list
 - do a puzzle
 - clean your room
 - do chores around the house
 - give yourself a selfcare night
 - play with your pet(s)
 - do diy crafts
 - learn a new skill

Lundy



Laffy
Taffy



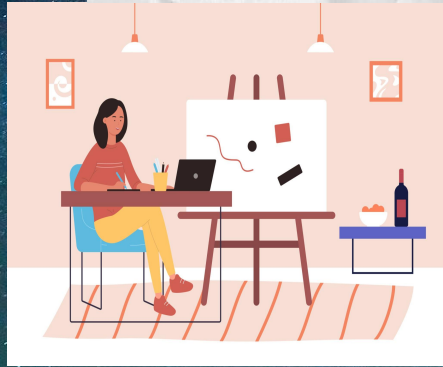
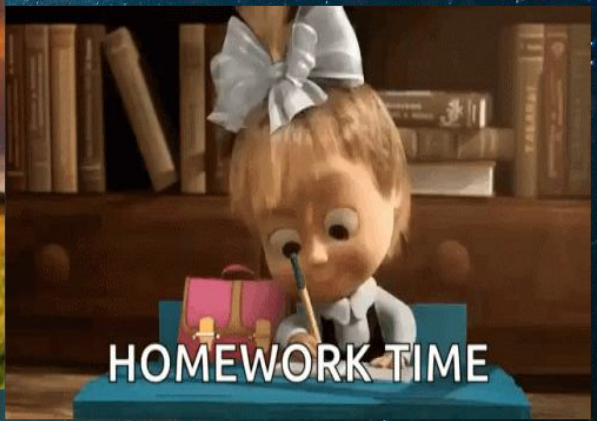
yeah whatever



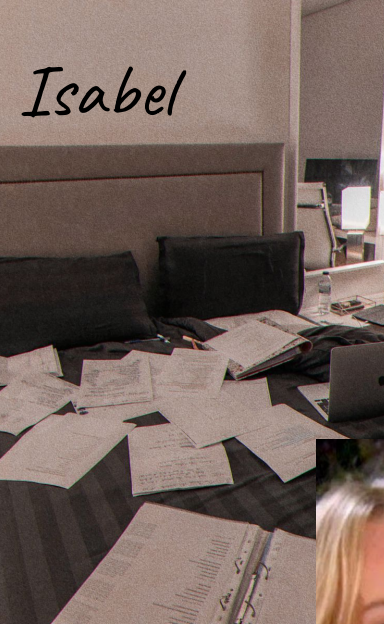
WHEN YOU GOTTA LOCK IN



BUT YOUR JUST A CHILL GUY



Isabel



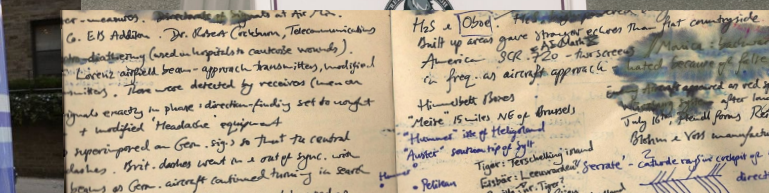
Me when I get caught with my phone in school:

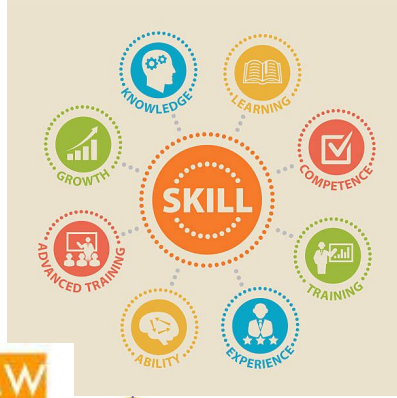
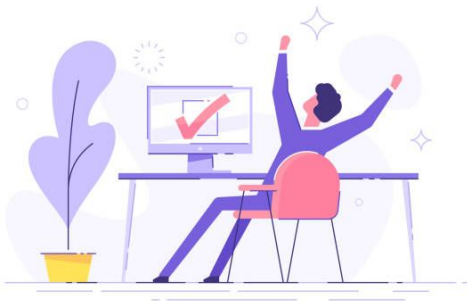


Me: I WANT MY PHONE!



Schools:
No.





Self-care is a beautiful act of self-love.

Putting down the Phone leaves room for opportunities

HOW TO DRAW ANYTHING



I don't want to let my phone hinder my growth

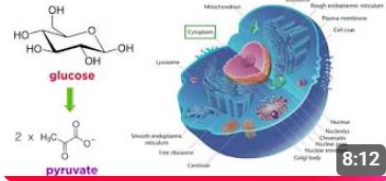


Improving skills

TIME MANAGEMENT



glycolysis occurs in the cytoplasm

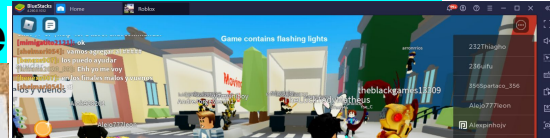


Cellular Respiration Part 1: Glycolysis

Professor Dave Explains ✓ • 916K views

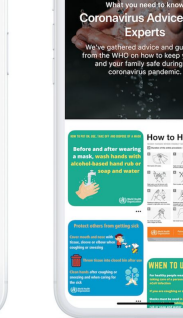
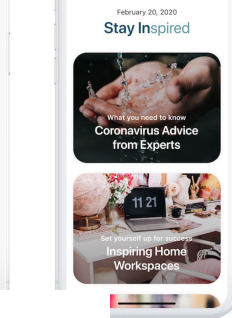
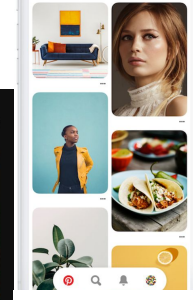
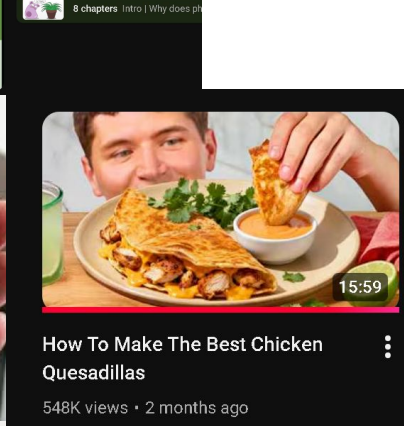
You need energy to do literally anything, even just
Where does this energy come from? Well, food, rig

I want to take some time for self-care





Photosynthesis with the Amoeba Sisters



CONCENTRATION



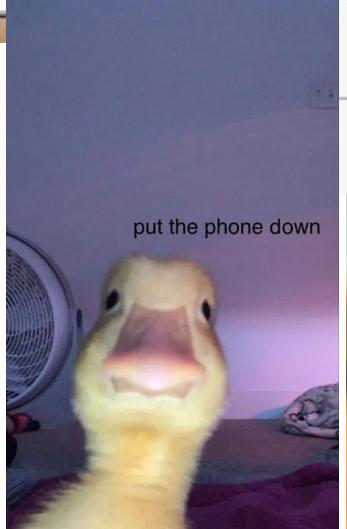
Locked in



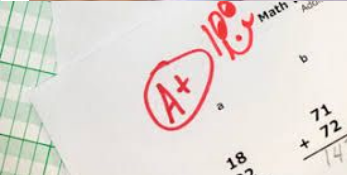
PSYCHOWELLNESS CENTRE



put the phone down



gettyimages Credit: Shawn and Sally Weimer



Hardworking

Template

Images of your idea of personal growth

What do you envision yourself doing with more time free time from reduced technology use for distraction or entertainment

Memes regarding cell phone use/ personal growth / cell phone ban

Personal Goals

How you can use your phone or technology to assist you in your personal growth journey, or focus/time management

Affirmations about personal growth, who you want to be, mental health, in relation to cell phone use, good or bad

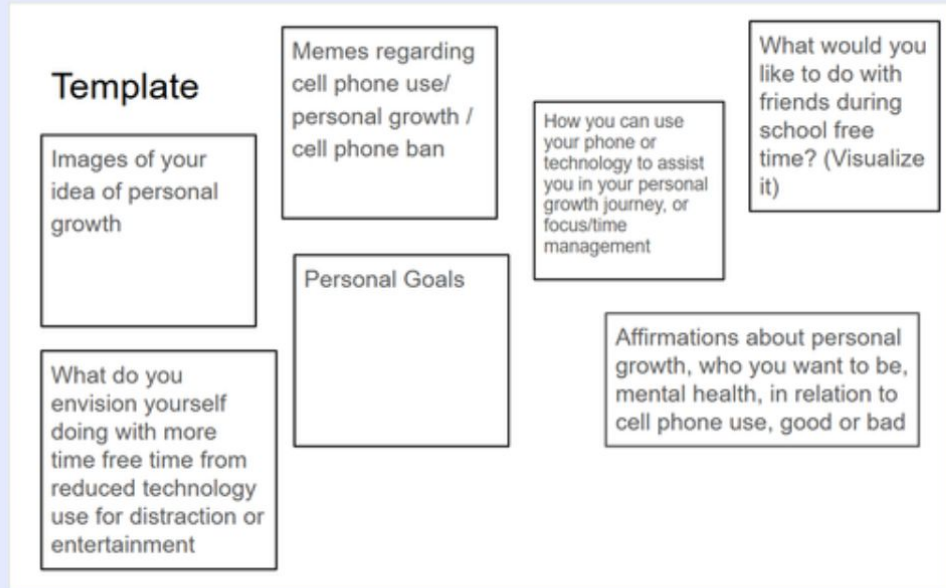
What would you like to do with friends during school free time? (Visualize it)

Start Dreaming!

What do you want these activities to look like in your life?

Potential Ideas for Personal Interests:

- Playing Sports
- Cooking
- Drawing
- Working Out
- Baking
- Crocheting
- Biking
- Roller Blading



Prototype of website