

The REDEEM Her Phone-Time Challenge

40 Days to Using your Phone Well... in light of Eternity.

**BE CAREFUL THEN HOW YOU LIVE,
NOT AS UNWISE BUT AS WISE, REDEEMING THE TIME
BECAUSE THE DAYS ARE EVIL. EPH 5:15-17**

Part 1 : What Do You NOTICE?

What's your AVERAGE?

Daily Screen Time Avg:

Weekly Screen Time Avg:

Top 3 Apps:

Number of times pick up your phone:

How do you USE it?

First time you use your phone each day:

Last time you use your phone each day:

How much time spent in Word + Prayer?

What's the IMPACT?

How does your phone help you Love/Not love God?

How does your phone help you Love/Not love Others?

How do your STATS feel?

What do you want your phone-time to look like a year from now?

What are 3 changes you want to make with your phone-time?

WHY are you doing this Challenge?

YOU ARE CREATING YOUR RESULTS EVERY MOMENT,
WHETHER YOU KNOW IT OR NOT. TAKE RESPONSIBILITY.

REDEEM Her Phone-Time Audit

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10am							
11am							
12pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10pm							
11pm							
12pm							

WE OFTEN UNDERESTIMATE HOW MUCH TIME WE GIVE AWAY TO LESS IMPORTANT THINGS

REDEEM Her Phone-Time Audit

Things I DO on my Phone

Things I WILL DO without my Phone

USE THE 4D'S TO SIMPLIFY YOUR PHONE-TIME...
DELETE, DELEGATE, DELAY, DELIGHT

Part 2: What is your Phone-Time PLAN?

DAILY Goals

WEEKLY Goals

How will I use it to LOVE God?

How will I use it to LOVE Others?

What I WILL DO

What I WON'T DO

THE MOTIVATION FOR CREATING SELF-DISCIPLINE WITH YOUR PHONE-TIME IS TO KNOW GOD AND LOVE HIM+ OTHERS MORE

Week 1 Tracking

WEEK OF:

MY GOAL:

	SCREEN TIME	HOW I USED IT WELL	HOW I WILL IMPROVE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

What worked well this week ?

What changes will I make next week?

Week 2 Tracking

WEEK OF:

MY GOAL:

	SCREEN TIME	HOW I USED IT WELL	HOW I WILL IMPROVE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

What worked well this week ?

What changes will I make next week?

Week 3 Tracking

WEEK OF:

MY GOAL:

	SCREEN TIME	HOW I USED IT WELL	HOW I WILL IMPROVE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

What worked well this week ?

What changes will I make next week?

Week 4 Tracking

WEEK OF:

MY GOAL:

	SCREEN TIME	HOW I USED IT WELL	HOW I WILL IMPROVE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

What worked well this week ?

What changes will I make next week?

Week 5 Tracking

WEEK OF:

MY GOAL:

	SCREEN TIME	HOW I USED IT WELL	HOW I WILL IMPROVE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

What worked well this week ?

What changes will I make next week?

Week 6 Tracking

WEEK OF:

MY GOAL:

	SCREEN TIME	HOW I USED IT WELL	HOW I WILL IMPROVE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

What worked well this week ?

What changes will I make next week?

Part 3: Redeem Her Phone-Time Reflection

How did your phone HABITS change?

How did your phone GROW you?

When you are 80, how do you want to be remembered?

How did your phone DISTRACT you?

What do you want to CONTINUE?

How did an ETERNAL view help you?

How will you be ACCOUNTABLE?

DO NOT BE CONFORMED TO THIS WORLD, BUT BE TRANSFORMED BY THE RENEWAL OF YOUR MIND. ROMANS 12:2