

# refocus on limits

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refocus on  
communication

refocus  
on limits

refocus on  
connection

refocus on  
relationships

**"It's not good enough  
for us to have  
generations of kids  
that... look forward to  
a better version of a  
cell phone."**

– **Burt Rutan**, American aerospace engineer

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# the mindset

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**Americans now check their phones every 10 minutes, a whopping 96 times a day.\* That's up 20% from 2017. And the stats keep rising.**

Life sucks us into a hamster wheel of busy, and makes us forget a scary but empowering truth; לא עכשיו אימתי. Every moment is an opportunity that will never come back. Every second of life Hashem grants us has a purpose. If not now, there is no later. (Chofetz Chaim).

Technology traps us into a pattern of thinking, "What's wrong with checking my phone, visiting this site, or watching this video?" But as a Yid, the real question is: "If this is a minute I will never get back, is that how I want

**Standards in content.  
Standards in time.**



to spend it?"

**The problem? It's not practical to ask this question every minute of the day. But there's a shortcut that gives us the same control over our time with less effort – limits. Setting technology standards – both in how involved we get, and in the content we access.**

Make a choice once, then reap the benefits every day. Spend your moments on the things that matter to you most. And get real, eternal value for the time you invest.

\*Asurion 2019 study

# the challenge

Most people spend a total of **3 hours and 15 minutes each day** checking their phones.



**70%** of sessions are **less than two minutes**



**25%** of sessions are **two to ten minutes**



**5%** of sessions are **more than ten minutes**

## And just how distracting are these check-ins?

50% of screen time sessions start within 3 minutes of the previous one. So while checking your phone may take less than a minute, it can set off a chain reaction of phone-checking that can span 20-30 minutes or more, making it a real challenge to stay focused.

RescueTime study



**54%**  
of tweens  
and teens

have been "disturbed" by images  
and video clips.



**50%**

accidentally ended up on a site  
their parents would disapprove of.

2017 Digital Citizenship Project

**47%** of  
parents

know little or nothing about what  
their child does on their device.



2018 Digital Citizenship Project

# the growth

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## Can a busy nursing home operator leave the phone in the car?

**Dovid knew the phone was undermining him. He needed it for work, but found himself mindlessly scrolling and swiping even when not working. If the kids tried to talk to him when on the phone, he was short with them – they were interrupting.**

After Project Focus two years ago, he realized: this was not what he wanted.

“So I took a big step, and stopped bringing my phone into the house. I forwarded calls and texts to another device so I could manage my work responsibilities. But my phone stayed outside,” Dovid shared.



Why such a drastic move?

"Honestly, before I tried it, I'd have told you it's impossible to happily exist in this world without social media or engaging with my phone. But I needed a one-time change that would transform the way I lived with technology long term. And I wanted my kids not only to feel the impact of my decision, but to notice it."

It isn't easy. When a more complex work task needs to be dealt with, he has to leave the house to get it done. And working from home during COVID meant he had to pause it temporarily.

**"I'd never think of ending it, though," Dovid shares candidly. "It gives me quality of life, relationships, family. It's a boundary that has made my life infinitely richer, and helps me be where I really want to be."**

# the habits

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## **Beat the “just” trap.**

Set phone-free times and keep your phone out of reach, so you don’t “just” check your texts, or “just” answer this email.



## **Child lock.**

Create (or shorten) screen time hours for children – and keep devices off-limits the rest of the day.



## **Discover the time drains.**

List everything you do on your phone – then eliminate one site, app, social platform or activity.



- **Boundary buddy.**  
Help yourself stick to new standards by asking your spouse or a friend to check in and keep tabs.
  
- **Block the bad.**  
Install a filter if you haven't yet, or adapt settings if it's too loose. This is still hands-down the best content boundary you can create.
  
- **Outdated or unused.**  
Keep track of devices you don't use, even those without data. Wifi makes every device internet-accessible.

# the standards

**Is tech creeping into my standards,  
and making me act in a way I never  
wanted to, or never thought I would?**

**Do I want to...**

- ① Always have my phone on me? Panic when I don't?
- ① Follow others' lives on social media at the expense of my own?
- ① Allow my children unlimited screen time or unfiltered internet access?
- ① Develop a compulsive need to recheck news, social or email updates?
- ① Use my phone to de-stress or have fun?
- ① Let my kids play games or watch videos that don't teach Jewish values?

**Talk it over.  
Think it through....**



**What are my IDEAL limits when it comes to technology?** What do I want my home life and tech habits to look like?

**What has become my current standard?** Am I spending time on my device unnecessarily? Am I lowering my standards in regard to content?

*My ideal standard is...*

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*My current standard is...*

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**What's one standard I can change right now?** How can I set boundaries on the content I (and my children) see? Limit the time I (and my children) spend with technology?

*The one standard I will change right now is...*

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# the follow-up

Learn more about the topic of  
technology and limits.

**Wed., Jan. 13, 8PM CST**

Watch online: [torahanytime.com/focus](http://torahanytime.com/focus)

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גדר הזמן עבורנו הוא קביעת מהותנו

**"Our essence is  
defined by how  
we use our time."**

- Rav Eliyahu Dessler, 2:154

## Sources

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Shapiro, Eli. "The Digital Life of Jewish Day School Students." The Digital Citizenship Project. April, 2018.

# the change

**Take the first step  
towards the standards  
you wish you had.**

Write down how you will create  
technology boundaries this week.

*I will...*

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