



Nina Moyano  
COACHING

SCREEN ADDICTION

# Workbook

Reclaim your freedom and build a healthier  
relationship with technology

## WELCOME

Thank you for joining my talk on **Screen Addiction!**

As a coach, I choose to work on this issue to help people and families regain control over their screen use and embrace a more mindful and intentional approach to technology. By doing so, we can improve not only our daily lives but also our relationships and overall wellbeing.

This workbook is designed to complement the ideas we explored during the talk. It's a tool to help you reflect further on your relationship with technology, identify what matters most to you, and begin making small, meaningful changes that align with your values and the way you want to model technology use to your children.

By the end of your reflection, you'll feel more confident in using technology intentionally, and equipped with practical tools to support a healthier, more balanced digital life. Let's get started!

*Nina Mojano*



## About me

I am a Parent & Confidence Coach. I help my clients feel more confident, aligned with their life and parenting choices, and more connected to what matters most to them.

Amongst other topics, I specialise in digital wellbeing, guiding individuals towards healthier and more mindful technology use.



## Let's reflect...

You can use these questions to help you reflect on your relationship with technology, and on how you wish to use it to improve your life and take back control.

**What would you say are your top 3 values (things that matter deeply to you and that you'd like to pass on to the next generations, things you want to be remembered for).**

Write them down (remember: you are constantly evolving, and your values might change with time).

1

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2

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3

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# Take some time to reflect on the following questions.

Be honest with yourself. Do it alone, or with your loved ones!

## Your relationship with technology

How do you currently feel about your relationship with technology? Is it aligned with the kind of life you want to live? Write down one thing you appreciate about technology and one area where you'd like to see a change.

## Technology and your values

Think about how technology supports your values in positive ways—what tools or apps genuinely add to your life and align with what matters most to you? Now consider the tools or apps that feel out of sync with your values. What could you let go of, and what do you truly want to keep?

## Your Dream Day

Picture a perfect day where technology supports your values without taking over your family life. What does it look like? How much time would you, as a family, spend on your devices, and what would you use them for? What meaningful things would you do with the extra time?

# (Re)Discovering what matters

Breaking free from excessive screen use isn't just about what you're letting go of—it's about what you're **gaining**.

When you were younger and screens weren't a thing, what did you love doing that brought you joy, creativity, or calm? Could you bring some of those hobbies back into your life now? Could you share them with your children?



Is there something you've always dreamed of doing but never seem to find the time for? What small step could you take to start making it happen?



Which relationships do you want to strengthen? How could you use the time you reclaim from screens to connect more deeply with those people?



# Quick tips

Here are some simple yet powerful tips to help you reclaim your freedom and create a healthier relationship with your screens. You don't have to do it all, pick what works for you... and feel free to add your own!

- 1 Let your friends and family know you're reducing screen time—they may even join you!
- 2 Leave your phone at home for short outings or put it away during meals.
- 3 Switch your phone to Black & White mode to reduce its appeal.
- 4 Schedule specific times for emails, social media, or texting, and stick to them.
- 5 Use apps like Freedom or Flora to block distractions.
- 6 Keep your phone out of the bedroom—buy an alarm clock instead.
- 7 Replace evening screen time with meaningful activities, like reading, writing, or learning something new.
- 8 Go for a walk every day, ideally without your phone, to clear your mind and recharge.
- 9 Delete social media apps from your phone and use them only on your computer.
- 10 Add a sticky note to your phone with the question: Do I really need this?
- 11 Make a “phone box” and set screen-free times (e.g. during meals or family activities).
- 12 Reflect on which apps and tools truly add value to your life and uninstall the rest.



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## Want to work with me?

If you liked my talk and would like to work with me,  
feel free to get in touch to book a **free Discovery Call**.



Everyone present today will get a **15% discount**  
on any 6 or 12-session package booked!

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