THE LIGHTS FRAMEWORK

# DIGITAL INTENTIONALITY WORKSHEET

**A personalized guide to reclaiming your attention and mental freedom using the LIGHTS method.**

## L LIMIT BY DESIGN

**Digital distractions audit:**

1. _____
2. _____
3. _____
4. _____

**My plan to remove distractions:**

## I INTEND CLEARLY

**My primary reason (e.g., Focus, Family Time):**

**My intention statement:**

**My morning routine habit:**

## G GIVE IT TWO WEEKS

**Experiment start date:** _____

**7-day check-in:** _____

**14-day extension:** _____

**How do I feel so far?**

**What's working / not working?**

## H HABITS AND REPLACEMENTS

| TRIGGER EVENT | OLD HABIT | NEW REPLACEMENT |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

## T TRACK OUTCOMES

**PRE-EXPERIMENT (DAY 0)** **POST-EXPERIMENT (DAY 14)**

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

## S SUMMARY

**Post-experiment summary:**

**Notes & insights:**