

# **10+ Ways your Phone is depriving you of a Good Life**

**Using your phone is OK, but letting it use you is NOT.**

There are more than 50% chances that you are reading this on your phone.

You being here also indicate that you want a better life (otherwise you would be busy living that).

Mojo believes that a **good life can only come when you are present- involved- responding.**

Creating such a life requires deliberate and conscious effort every day.

The Good news is – you can start creating a good life by putting some things in order.

**Let us start with your digital life.**

Having a very active digital presence comes at a cost and that is the type of life you lead.

We cannot talk about your digital life without paying homage to the MOST IMPORTANT device in your life – YOUR PHONE.

**Mojo brings you 10 ways your phone is depriving you of a Great Life.**

**1. You are not present–**

In conversations especially.

**2. Virtual has become new real for you.**

**3. You are always distracted–**

Your device can do many things, and most of them are designed to be addictive- which means that you may feel the urge to go back to your device in between tasks. This makes you lose focus especially when you should

not.

**4. You feel there is an app for everything-**

There are APPS for everything – from counting your breaths to counting your calories.

The tasks that can be solved with a pinch of self-discipline are now trusted on apps.

It is good to be technology oriented but it is not ok to be technology-distracted.

**5. You seek approval for almost everything-**

Those thumbs-up mean a lot to you and you assume them to be a proxy of real praise.

**6. Keeping secrets is no longer glamorous for you.**

**7. You are at loss of words almost every time.**

**8. You have lost track of how important your privacy is.**

**9. You 'SEARCH' instead of 'RECALL-REMEMBER-RELEARN'**

**10. You are always running behind schedule-**

Because you spend more time where you should not have.

**11. You don't remember the last time you REALLY SLEPT.**

**12. You have stopped creating things with your hands (except edits, posts and tweets)**

**13. You are always available – ALWAYS**

Keep looking for this space for more.

Your Mojo

Mojo of Small Things.