

COMPANION GUIDE

GOOD ON PURPOSE

LIVING FULLY IN A
DIGITALLY DISTRACTING WORLD

JENNY PHILLIPS & PATCH CROWE

GOOD ON PURPOSE

COMPANION GUIDE

This guide is designed for use with the book *Good on Purpose: Living Fully in a Digitally Distracting World* by Jenny Phillips and Patch Crowe. The guide is broken into three main parts:

1. **Creating a Vision.** In the book *Good on Purpose*, you will be directed to come to this guide to fill in the “Creating a Vision” sections. If you are using this guide without reading the book, you may fill out the sections at your own pace.
2. **30-Day Media Reset.** As you read the book, you are welcome to start the 30-Day Media Reset at any time, even before finishing the book. The reset is intended to be an intentional time away from as much media as possible to bring awareness and clarity and to start the processes of dehabitation from constant stimulation. As you complete your reset, daily check-ins provide opportunities for reflection about your journey.
3. **Personal Media Plan.** Follow the instructions to create a Personal Media Plan before your 30-Day Media Reset is over. The Personal Media Plan is designed to guide your media habits on a permanent basis. This plan allows you to purposefully and intentionally add media back into your life to the degree you choose and within the boundaries you choose.

Consider completing your 30-day reset and creating and following a media plan with a friend or with family members. Inviting others on this journey not only blesses them with opportunities to grow in discipline and joy, but also greatly increases your own chance of success.

CONTENTS

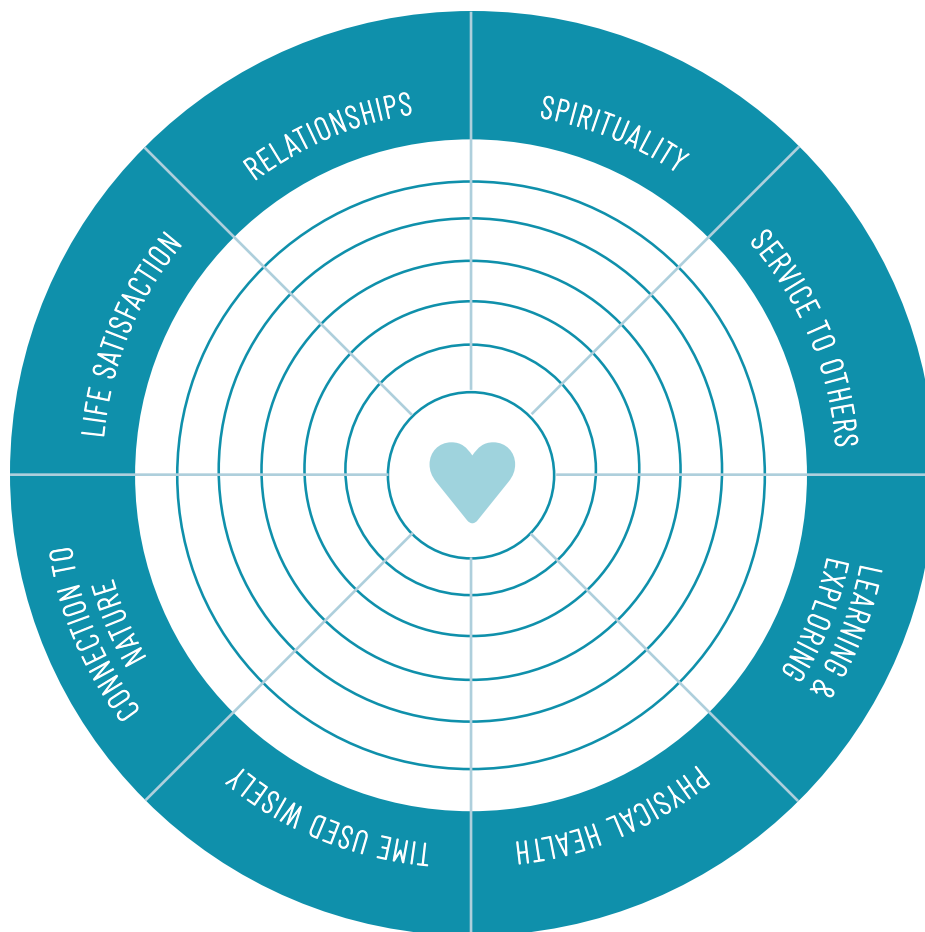
CREATING A VISION	2
THE GOOD AND THE BEAUTIFUL 30-DAY MEDIA RESET	6
DAILY CHECK-INS	15
THE GOOD AND THE BEAUTIFUL PERSONAL MEDIA PLAN	43
MY PERSONAL MEDIA PLAN	48

CREATING A VISION

1 | Getting Started

When we clearly envision what we want our lives to look like, we are able to live with purpose instead of simply letting life happen to us. A good and beautiful life does not grow by accident—it must be chosen, shaped, and cultivated. When you create a vision for your life, you can take control of your technology use, placing it in its proper role as a useful tool.

Beginning with the outer ring, place a dot in each section of the diagram to represent your current level of satisfaction in that area. Dots closer to the center indicate higher satisfaction. You will fill out this diagram again at the end of the guide to compare your progress.



“Where there is no vision, the people perish.” —Proverbs 29:18a (KJV)

“Technology is a useful servant but a dangerous master.” —Christian Lous Lange, Nobel Peace Prize Laureate (1921)

If you don't purposefully define your relationship with technology, there is a high likelihood that technology will define it for you by default. Declared goals are empowering.

Choose three of the adjectives below, or come up with your own, to define the relationship you want to have with technology.

controlled | healthy | mastered | purposeful | mindful | intentional | uplifting | wholesome | disciplined | edifying | minimal

I want my relationship with technology to be _____, _____, and _____.

Finish the phrases.

When I wake up each day, I want to feel _____.

I want to be present in my life so I don't miss _____.

I want people to know me as someone who _____.

2 | A Healthy Brain and Connection to Nature

Choose two of the adjectives, or your own, to define the type of brain you want.

calm | focused | still | clear | present | healthy | strong | alive | refreshed | rested | unscattered | sound | unanxious | relaxed | regulated

I want my brain to be _____ and _____.

Fill in or check off the diamonds, marking the reasons you personally want to connect with nature (and, if desired, fill in your own at the bottom).

- ◇ Awaken awe, curiosity, and wonder
- ◇ Reduce stress and anxiety
- ◇ Restore attention, focus, and energy
- ◇ Deepen joy in beauty and simple things
- ◇ Improve vitamin D levels and circadian rhythms
- ◇ Draw my heart toward God
- ◇ Improve mood
- ◇ Avoid burnout and stay refreshed
- ◇ _____

THE GOOD AND THE BEAUTIFUL

30-DAY MEDIA RESET

► The Philosophy and the Why

While you do not need to read *Good on Purpose: Living Fully in a Digitally Distracting World* to complete this reset, it is highly recommended.

Although this reset may initially bring some feelings of boredom, anxiety, and restlessness, it will very soon start bringing a huge amount of awareness and positive change to your life. As you become less dependent on your devices, you will start to feel the world opening up to you in refreshing, enlightening, and empowering ways.

THE IMPORTANCE OF PUSHING THROUGH DISCOMFORT

To make a digital reset successful, it's vital that you follow the plan diligently and are willing to go through some initial discomfort, dullness, and change. When you're habituated to highly stimulating media, it can be hard at first to enjoy other things. Thus, working consistently at replacing time and space previously spent on your devices with intentional, rich, real-life activities and habits is crucial.

THE POSITIVE CHANGES YOU CAN EXPECT

Within a week or two, you will likely start feeling more relaxed, peaceful, creative, alive, and present. You may start seeing things in your life with more clarity and feeling with more depth.

THE POWER OF DOING THIS WITH OTHERS

If you can do the reset with another person, it will greatly increase your chances of success. Consider asking a friend or family member to participate with you, even if they don't live close to you. If desired, you could have regular check-ins and discussions with this person.

THE INCLUSION OF GENTLE, CLEAN MOVIES

This 30-day digital reset has the option to include four movies. A limited, once-a-week, gentle, clean movie can still allow the brain to dehabituate from highly stimulating media while building an appreciation for simple, wholesome entertainment and making the reset more sustainable. It is suggested you toggle on the "no profanity" option.

DAILY CHECK-INS

The daily check-ins provided in this book will enhance your experience and likelihood of reaching your goal. They are short and encouraging and will hold you accountable, allowing you to reflect on your experience.

NOT BEING PERFECT AT EVERYTHING

There are many action items in this plan, which means there will be no shortage of things to do during the reset. You're not expected to do all the

items consistently or completely. Changing habits and bringing more intentional activities into your life is a lifelong pursuit, and even if you do not get to everything, any of the good things you add in will begin to bless you.

However, it is highly recommended that you be very strict about keeping your boundaries with your devices, which is much easier to actually be consistent with. If you start making exceptions, the boundaries can quickly become blurred and weakened.

Q & A

Q: What about social events or other exceptions?

A: If you have social events or other exceptions where some aspects go against this reset and cannot reasonably be avoided, attend and participate without guilt. The goal is not isolation or perfection, but intentionality. Do your best to uphold the principles of the reset where you can, and then simply return to your plan afterward.

Q: Are audiobooks allowed?

A: Clean, uplifting audiobooks can be a wonderful resource. However, we suggest avoiding audiobooks during the reset (when reasonable) to help reduce constant stimulation and digital input so you can truly notice the difference it brings to your life. We highly recommend reading physical books during this reset.

TIPS

- Consider reading *Good on Purpose: Living Fully in a Digitally Distracting World* again during the reset period. This will keep you motivated and remind you of the important principles behind what you are doing. You could also read it aloud with a spouse or older children.
- Alternatively, or in addition, you could read *Joyful on Purpose: Living an Intentionally Good and Beautiful Life* during this time period. This book is packed with inspiration, encouragement, and ideas for living with more intention in ways that lead you to a joyful life. It's the perfect companion book to support you in filling your extra time with good things.
- Let your friends and family know what you are doing and why. Ask for their support.
- Don't skip the check-ins. They will help you stay on track and continually evaluate your plan and progress.

DAILY CHECK-INS

Each daily check-in has a brief beginning- and end-of-day section. Change is hard. Accountability and reflection are vital to the reset's success.

Day 1 ► Date: _____

MORNING

- ☐ Read/scan through your reset plan so it's fresh on your mind.
- ☐ Write down any goals or plans for the day.

EVENING

- ☐ Review your reset plan. Acknowledge what went well, and then jot down what you would like to strengthen or improve.

MORNING

- ☐ Read/scan through your reset plan so it's fresh on your mind.
- ☐ Write down any goals or plans for the day.

EVENING

- ☐ Review your reset plan. Acknowledge what went well, and then jot down what you would like to strengthen or improve.

- ☐ Read the following information.

You are likely to experience these feelings or thoughts:

- Boredom, agitation, loneliness, restlessness
- “Something is missing.”
- Impulses to reach for your phone without realizing it
- Mild anxiety or irritability
- “This is pointless.”

Here's what's actually happening: Your brain is used to fast dopamine, so it's asking, “Where did my stimulation go?” This is a sign that the reset is working.

THE GOOD AND THE BEAUTIFUL PERSONAL MEDIA PLAN

► The Philosophy and the Why

You were meant to live with creativity and wonder. You were meant to continually learn new things and grow. You were meant to be present and sensitive to the world around you. You were meant to feel alive and to live with discipline and attention. Hopefully, you have felt more of these things coming into your life after your 30-day reset. Now, to keep these things in your life and to continually increase them, it's critical that you make a written plan.

During a 30-day reset, clarity tends to return. You begin to notice what drains you, what overstimulates you, and what actually brings peace, depth, and joy. This is the ideal time to create a media plan. Rather than slipping back into old patterns, you can choose new standards and boundaries that protect the kind of life you are trying to build.

A media plan helps you decide what kinds of media you will consume and what boundaries you will establish around them. It helps prevent you from drifting back into habits around media that damage your life.

If we want to achieve lasting change, we must create *specific* plans, routines, support systems, and environments that support our goals.

It is suggested that you read through your media plan weekly or monthly and ponder your progress. You can use the “Checking In” pages at the end of this companion guide, if desired. We strongly

recommend scheduling that weekly or monthly check-in on your calendar. We cannot express enough how easily unhealthy media habits can slip back into your life if you don't continually plan, evaluate, and stay committed to your goals. Given how prevalent and enticing media is in our world, most people will need to practice this kind of intentional planning throughout their lives in order to live the lives they truly want.

Perfection is not expected. If you fail, which you likely will in some areas, give yourself grace and get back on track. Also, remember that the media plan is not meant to make your life feel more restrictive but freer, richer, more intentional, more joyful, and more vibrant. It's designed to help *widen* your world again—slowing you down, restoring depth, making you more present, strengthening real-life relationships, and creating room for what truly matters.

► Media Plan Instructions

HOW TO CREATE THE PLAN

Read the instructions for each section on the next three pages, and then turn to the corresponding section in “My Personal Media Plan” and fill it out. We recommend writing in pencil so you can erase and update your plan in the future.

As you implement your plan, we suggest using the “Checking In” pages at the end of this guide weekly

or monthly. Also, you may find that you need to make adjustments as you reflect on your progress, as you grow, and as life changes.

SOCIAL MEDIA CONSUMPTION

In the “Social Media Consumption” section, write about your plan for social media. This can include time limits, types of content you will not follow, and other boundaries. Be specific. Here are some example sentences you could include:

- I will check social media only once a day for 15 minutes. I will set a timer and get off as soon as it ends. I will not browse or scroll through feeds. I will not follow or view accounts that lead me to comparison or that contain negative, profane, or immodest content.
- I will check social media only on Saturdays. I will set the in-app time management feature to 30 minutes. I will not follow accounts that don't align with my values.
- I will not use social media.
- I will use social media only for connecting with friends and family and will not browse or scroll through feeds.

SOCIAL MEDIA POSTING

In the “Social Media Posting” section, write your plan for social media posting. Be specific. Here are some example sentences you could include:

- I will not use social media.
- I will always pause before posting and honestly evaluate my intent. I will post about things

that shift attention away from appearance and toward meaning, character, and connection.

- I will not intentionally post a curated life to make myself look impressive or perfect. Rather, I will strive to be genuine, to uplift others, and to point toward what is real, good, and meaningful.

MUSIC

In the “Music” section, write your plan for music. Be specific. Here are some example sentences you could include:

- I won't listen to music containing any profanity or sexual lyrics.
- I won't listen to music that promotes violence, aggressive behavior, lust, or negativity.
- I will limit my exposure to fast-paced music with heavy beats to keep my brain from getting used to consistent high stimulation.
- I will listen to songs that promote my real-life values.
- I will listen to uplifting music more often (worship, spiritual, classical, etc.).
- I will intentionally make time without music to allow room for stillness and reflection.

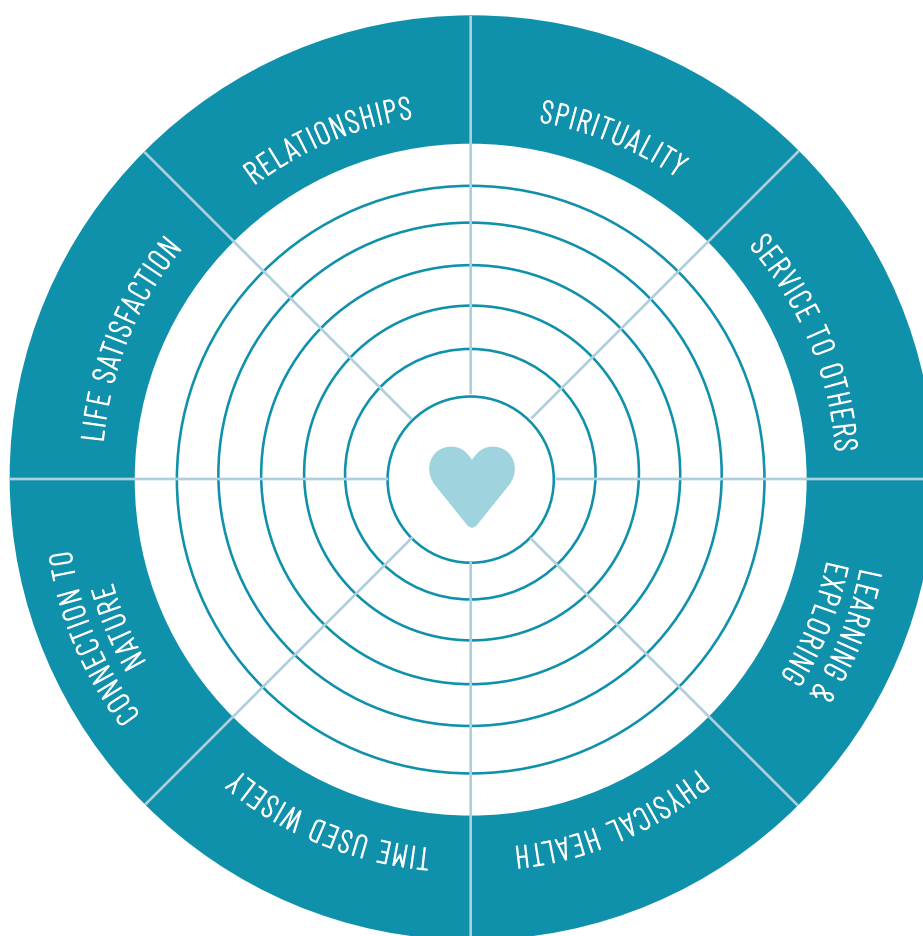
VIDEOS, MOVIES, AND TV

In the “Videos, Movies, and TV” section, write your plan for videos, movies, and TV. Be specific. Here are some example sentences you could include:

► Compare Your Progress

At the beginning of this companion guide, you were asked to complete the diagram below to track what you felt your proficiency, skill, and accomplishment was in each category. Now that you've completed your 30-Day Media Reset and created a Personal Media Plan, follow the instructions below to fill out the diagram again.

Beginning with the outer ring, place a dot in each section of the diagram to represent your current level of satisfaction in that area. Dots closer to the center indicate higher satisfaction.



Discussion Questions

If you are doing this program with family, friends, or a group, consider discussing the following questions. Or, if you are doing the program individually, you can journal about one or more of the questions.

1. Which areas have you improved in most, and which areas have you improved in less? Why?
2. What is the most valuable improvement to you?
3. What do you need to do to improve in the weakest areas?
4. What did this activity teach you about the principle of intentionality?

GOOD ON PURPOSE

LIVING FULLY IN A
DIGITALLY DISTRACTING WORLD

WRITTEN BY

JENNY PHILLIPS & PATCH CROWE

Accompanying the new publication *Good on Purpose: Living Fully in a Digitally Distracting World*, this self-directed guide aims to help you take control of your social media and tech habits. Through thoughtful questions and suggestions, you can completely change your habits utilizing the thorough and challenging 30-Day Media Reset, using your experience to craft a long-term Media Plan. Spend the next month completely transforming your life and gain more good and beautiful days as you stop to appreciate God's creations—including yourself!



GOOD & BEAUTIFUL
· MEDIA ·



9 798893 770896

SKU 6800.2