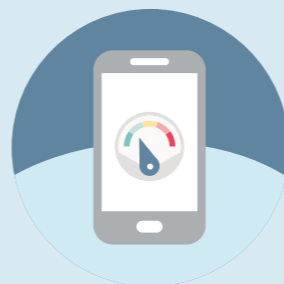




Balance your meeting

Meetings are often unproductive as participants lose focus and attention because they are distracted by smartphones, incoming e-mails and the like.





Balance your leisure time

We are living in an age when it can be difficult to define when the work day begins and ends, as the digital world enables us to be reached 24/7. This has many advantages, but it also makes it more difficult to relax when we are off work – and to know exactly when we are off.





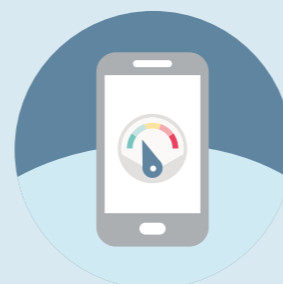
Balance your concentration

The digital work life provides great possibilities for us to make our work more efficient, but it can also make it more difficult for us to be fully concentrated, as we are constantly distracted by notifications.





Balance your _____





Balance your screen time exercise

Challenge _____

Day/name										
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