THE DIGITAL WORKING DAY

Prompt card

Which of these technologies appear in your digital day … and when?

Email	Twitter	News
Text messaging	LinkedIn	Music
Chat	YouTube	Phone calls
Skype	Gaming	Calendar
Buying	eBooks	Checking notifications
Selling	MS Office	Alarm
Banking	Surfing the 'net	Photographs and video
Facebook	Streetlife	etc.etc.

TECHNO SEEKER

DIGITAL KARMA

Prompt card

Digital Karma (techno-seeker) Who feels in control might be …

◦ Mindful about their use of technology

◦ Make conscious, deliberate choices to achieve a balanced relationship with technology

◦ Enhances the quality of their life through considered use of technology

TECHNO SEEKER

DIGITAL AUTOPILOT

Prompt card

Digital Autopilot: (techno-seeker)
Who feels controlled might be …

◦ A habitual user of technology – checking and rechecking for updates

◦ Addicted to the buzz of connection

◦ Swamped by information

◦ Stays connected through fear of missing out - FOMO

TECHNO AVOIDER

DIGITAL MUGGLE

Prompt card

Digital Muggle (techno-avoider)
Who fears being controlled by technology might be ...

◦ Feeling uninformed

◦ Suspicious of technology and technology users – 'Big Brother'

◦ Sceptical of the benefits technology can bring

◦ Feeling excluded

TECHNO AVOIDER

DIGITAL AGNOSTIC

Prompt card

Digital Agnostic (techno-avoider) Who feels in control might …

◦ Not be convinced that their quality of life is enhanced by using technology

◦ Not be interested in being digitally connected

◦ Makes selective choices based on need – uses enough technology to get by