

RESULT YOUR FQ IS: *Superior*

SUPERIOR YOU'RE MEDIA MASTER

Congratulations! You've managed to master your tech habits and you're in complete control of how and when you use technology.

You see your digital devices solely as a functional tool and you manage these tools to your advantage. You have a range of systems in place to manage your digital life, firm boundaries around when and where you'll check your phone or socials and you have plenty of unplugged time to let your mind wander freely. You really are in control of your digital distractions.

Whilst you're certainly in control of your digital habits, here are some other ways to optimise your digital habits (let's call them advanced strategies because that's what you need):



Turn your phone to greyscale when you want to do deep focused work. Instagram is much less interesting in black and white!



Gamify your focus- use an app called Forest to help you sustain (your already fantastic) your focus.



Maximise your windows- when doing deep work, don't be tempted to open another browser or tool. If you maximise your window you won't be tempted by the colourful icons and tabs vying for your attention.

Looking for simple, science-backed strategies to boost your focus and digital wellbeing?

My D-RIVE Zone Library may be just what you need. Short, practical 2-5 minute videos delivered direct to your inbox every fortnight.



[LEARN MORE](#)

Want me to speak at your event?

I share the latest research about how we can optimise human performance in a digital age. I decode the neurobiology of peak-performance in a screen-saturated world. Let's chat (old school over the phone) to see if we're a good fit.



[LEARN MORE](#)