

# RESULT

## *YOUR FQ IS: SUPERIOR*



## SUPERIOR

### YOU'RE MEDIA MASTER

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You see your digital devices solely as a just one tool in your life and you manage it along with other tools to your advantage. You know when when and where you'll check your devices or social media platforms and you have plenty of unplugged time to let your mind wander freely. You keep your focus well on the important tasks and times in your life.

Whilst you're certainly in control of your digital habits, here are some other ways to even further support 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. TikTok 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 your homework or study, 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.