

## The Complexity of Modern Life

Both as a society and as individuals, we are always looking forward and trying to improve – we would like things to get better and better. It's undeniable that in terms of improved healthcare and housing, of advances in medical science, and better education, most of us who live in the developed world have much to be thankful for.

Technology is a good example. The technological developments of the last sixty years have changed our lives in ways we could never have imagined, and continue to bring almost weekly innovations – innovations that carry the promise that they will save time and energy so we can accomplish more, with less effort.

Fill out this worksheet to see where you stand with technology contributing to your happiness.

Question	Is your happiness increased?	Do you feel indifferent?	Do you become more frustrated?
How much time do you spend on your phone each day?			
How much time you spend on your computer?			
How do you feel when there is a problem with your internet?			
Do you enjoy social media?			
Do you upgrade your phone every time there is an update?			
How often do you use Siri, Alexa or Google Assistant?			
What are your conclusions?			