



FREE SELF-AUDIT

The Always-On Self-Audit


How wired are you — really?

25 questions. 5 areas of your life. Your personal score.

A companion to

How To Switch Off In A World That's Always On

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HOW TO USE THIS AUDIT

Most people know they're spending too much time on their devices. Fewer know exactly where the problem lies — or how serious it has become.

This audit maps five key areas of your life where constant availability tends to do its damage: sleep, work, attention, rest, and relationships. It takes around five minutes to complete and gives you a personal score with a clear picture of where to focus first.

How to score:

0	Never / rarely true for me
1	Sometimes true (once or twice a week)
2	Often true (most days)
3	Almost always true

Write your score for each statement in the box provided. Total each section, then add all five sections for your overall score. The scoring guide on the final page tells you what it means — and where to start.

Be honest. There are no right answers, only useful ones.

Section A — Sleep & Evening Habits

How well do you protect the end of your day?

1. I check my phone within 30 minutes of going to bed.
2. My phone charges on my bedside table or in my bedroom.
3. I wake up and reach for my phone before getting out of bed.
4. I find it hard to fall asleep without checking messages or social media first.
5. I feel anxious if I leave my phone in another room at night.

Section total (max 15):



Section B — Work Boundaries

Do work demands follow you into your personal time?

1. I respond to work messages outside of my official working hours.
2. I feel guilty or anxious if I don't reply to work messages quickly.
3. I check my work inbox during evenings, weekends, or holidays.
4. I have no clear time in my day when work communication is switched off.
5. I eat meals while monitoring work messages or email.

Section total (max 15):



Section C — Attention & Focus

How fractured is your day-to-day concentration?

1. I find it difficult to focus on one task for longer than 20 minutes.
2. I feel a compulsive urge to check my phone when I hear a notification.
3. I pick up my phone without any specific purpose — just to look.
4. I multitask during conversations (checking phone, replying to messages).
5. Reading a long article or book feels difficult; I often lose concentration.

Section total (max 15):



Section D — Rest Quality

Are you actually recovering, or just pausing?

1. I feel tired or unrefreshed even after a full night's sleep.
2. My main way of relaxing involves a screen (phone, TV, laptop).
3. After weekends or time off, I still feel mentally depleted.
4. I can't remember the last time I spent an hour doing nothing — no screens, no tasks.
5. I feel restless or bored within minutes of sitting still without a device.

Section total (max 15):



Section E — Social & Relationship Habits

How does device use affect the people around you?

1. I use my phone during shared meals or social occasions.
2. People close to me have commented on my phone use.
3. I feel pressure to be instantly available to family, friends, or social groups.
4. I scroll social media out of habit rather than genuine interest.
5. I feel anxious or left out if I haven't checked my feeds for a few hours.

Section total (max 15):



YOUR SCORE

Add your five section totals:

/ 60

What your score means:

0 – 15

Switched On

You have a healthy baseline. You may have a few habits worth refining, but you're largely in control of your attention and downtime.

16 – 30

Overloaded

You're carrying a significant digital burden. The always-on culture has a grip on several areas of your life. Targeted changes will make a real difference.

31 – 45

Running on Empty

Constant availability has become your default mode. Your nervous system rarely gets the break it needs. This book gives you the practical system to change that — one step at a time.

46 – 60

Critically Wired

You're living at a speed your biology cannot sustain. The exhaustion you feel is real, and it's not your fault. You're in the right place. Read Chapter 1 first — it will explain exactly what's happening, and why it isn't a willpower problem.

Ready to switch off?

How To Switch Off In A World That's Always On gives you the practical, guilt-free system to reclaim your evenings, protect your sleep, and restore the kind of rest that actually works.

Available now on Amazon and all major retailers

raymondphilippebooks.com

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