

Touch The Grass — Gen Z Mindset

Take Back Your Attention

Your phone connects you to the world—but constant scrolling can make it harder to focus, sleep, be present, and enjoy what's happening around you.

The goal isn't to quit technology.

It's to control it instead of letting it control you.

Break the Automatic Scroll

Before opening your phone, ask:

"Why am I picking this up?"

Have a purpose. Do what you came to do. Put it back down.

Stop Chasing Validation

Likes, views, followers, and comments can feel important—but they don't measure your worth or your relationships.

Real connection happens beyond the screen.

Get Comfortable With Boredom

You don't need entertainment every second.

Let your mind wander. Go outside. Listen to music. Make something. Move your body. Talk to someone.

Be Where You Are

When you're with friends, **be with them.**

When you're outside, **notice it.**

When something great happens, **experience it before you post it.**

The Mindset Shift

Less comparison.

Less automatic scrolling.

**More focus.
More real connection.
More real life.**

TOUCH THE GRASS

Your attention belongs to you.