**SET YOUR (realistic) GOAL(S):**

Write out your goal(s) in detail.

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Remember to set boundaries on what it means for you to avoid social media (for examples, which social media are going to be avoided during this challenge – and if not all, explain why)

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**PROMPTS FOR THE POST REFLECTION**

What are some reasons that you use social media? Remember: all screen time is not equal.

Why am I reaching for my device?

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How is this technology really enhancing my life?

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What are some unwanted impacts that social media has on your life?

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How is social media useful to you?

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What steps did you take to prepare to take time off social media? (For example, did you set time limits on apps, changed notification settings, checked your daily time on social media?) Did you stop immediately or was it a progression of actions?

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Am I engaging in “slot-machine” behavior? e.g. Endlessly scrolling for the occasional emotional reward? Repeatedly checking my likes to see how many there are, or who liked my post?

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**PROMPT QUESTIONS FOR THE IN-CLASS PRESENTATION**

What did you learn?

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What will you change permanently?

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**And now that you are back on social media…**

What thought, feeling, or impulse led you to pick up your device?

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As you scroll through your feed, what kind of thoughts come up?

What kind of emotions come up?

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