



Social Media Plan

How much time do you spend on social media platforms per day/week?

How do you typically feel after consuming content on social media?



Social Media Plan

How much time would you *like* to spend on social media platforms per day/week?

How would you *like* to feel after consuming content on social media?



Social Media Plan

What needs to change so that you are spending that amount of time on social media? What systems, "rules", apps, etc can you utilize to put these limits in place?



Social Media Plan

What needs to change so that you feel this way after consuming content on social media? Who do you need to block/mute/unfollow/stop engaging with/etc? Who do you need to *start* following/engaging with?