

Social Media Detox- Daily Journal DAY_____ Date: _____

1. How often did you go into your phone to click Fb, Insta or another Social Media App, then realized it wasn't an option? Circle one.

NONE

1-3 times

4-8 times

10+ times

Can't even count

2. Write one sentence to describe how you felt right after you realized the app was no longer on your phone?

3. How often throughout the day did you feel an urge to post or share an image or experience? Circle one:

NONE

1-3 times

4-8 times

10+ times

Can't even count

4. Write down 2 things you are grateful for today... big or small.

- _____
- _____

5. Write down 2 things you accomplished today.

- _____
- _____

6. Describe your day in one word: _____

7. Describe 2 things you were fully present for today:

- _____
- _____