

PRE-Social Media Detox- Awareness Journal Date: _____

1. How often did you go into your phone to click Fb, Insta or another Social Media App? Circle one.

NONE 1-3 times 4-8 times 10+ times Can't even count

2. Write down one word to describe how you feel directly after scrolling on social media: _____

3. Using your screen time app, how many hours did you spend on social media today?

4. How many times did you post or share an image or experience today? Circle one:

NONE 1-3 times 4-8 times 10+ times Can't even count

5. 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:

- _____
- _____