

Unit 2.3 Social Media Self Reflection

Social Media Challenge Journal – 14 Day Template

Preparation for the challenge:

- What social media are you on currently?
- What are you doing when you are on social media?
- How long do you think you are on social media every day?
- How does it make you feel when you are on social media?
- How are you going to eliminate your use of social media during this challenge? (delete apps on phone? Not have phone with you?)

Jump to:

[Day 1](#) | [Day 2](#) | [Day 3](#) | [Day 4](#) | [Day 5](#) | [Day 6](#) | [Day 7](#) | [Day 8](#) | [Day 9](#) | [Day 10](#) | [Day 11](#) | [Day 12](#) | [Day 13](#) | [Day 14](#)

DAY 1

[Back to first page](#)

How did it feel today when you didn't go on social media? Circle the number below:

Very Uncomfortable				A Bit Uncomfortable			Not Uncomfortable		
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When did you find that you wanted to go on social media? (After an activity, during hanging out time, when you woke up in the morning, when you went to bed at night, etc.)

What did you do instead of going onto social media? (Call a friend, play a board game, read a book, go for a walk, watch a movie, talk to family, colour or draw, etc.)

How did you feel about yourself at the end of the day by not going on social media? Circle the number below.

No different than before				A Bit Proud of Myself			Very Proud of Myself		
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What was something positive about not being on social media today?

Was there anything negative about not being on social media today?



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DAY 2[Back to first page](#)

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