

# My relationship with social media

Q1. Describe your relationship with social media

Q2. How long does it take from when you wake up to when you jump onto your favourite social media app? / How long is there between being on your favourite social media app and falling asleep at night?

Q3. What might change if these aspects of your social media engagement changed?

Q4. How do you feel after being on social media?

Q5. Does scrolling through the feed ever bring up feelings of jealousy or inadequacy?

When you're tempted to compare, stay aware... ask yourself;  
"What is it that I'm feeling threatened by?  
What do I wish was different?  
Is it something I can change - or really want to  
when I'm away from the feed?"

Q6. What do you love about social media?

Q7. What kind of contribution do you make through your social media? Do you add value or add to the noise?

Q8. If your social media was to have a purpose and a voice, what would it represent?  
(eg, family and your passion for fitness)

Q9. Have you ever got to the end of a day and wished that you spent more time on social media? What kinds of things have you wished you spent more time on?

**Be That**  
FREEDOM STARTS WITH YOU