



## Reclaim Your Potential From Its Silent Killer

This worksheet will help you gain an awareness of your social media habits so that you can identify any harmful habits you may need to break to become a Deliberate Thinker and realize your potential.

Think back to the last time you used your social media platform of choice? How did you feel afterward?

Prompts:

- Did you feel excited about improving your life?
- Did you feel inspired to make the world a better place?
- Did you feel envious of the experiences your "friends" were sharing?
- Did you feel anxious because you experienced a little Fear of Missing Out?

Now, consider how much time you spend on this platform per day. Be honest, & write it down. Seeing it in writing is important.

Combine these two responses to determine if you need to change your social media habits.

Prompts:

- If you are having positive feelings and are spending a reasonable amount of time on social media, you're probably good to go.
- If you are experiencing negative feelings, any amount of time on social media could be harmful to you and standing in the way of you realizing your potential.
- If you're spending an unreasonable amount of time on social media, it could be interfering with other areas of your life in a negative way.

## What is most likely to show up in your social media feed?

Prompts:

- Posts and images meant to cause division & condemnation: political cartoons, etc.
- Posts and images meant to induce greed, desire, vanity, or fear.
- Posts and images meant to inspire hope and courage.
- Posts and images meant to form connections and a sense of belonging.

Do you often compare yourself and your life to what other people are posting on social media? What are some examples?

How does that comparison make you feel?

Do you typically show your authentic self on social media? If not, consider how much energy it takes to maintain the social media persona you have created.

What life-changing actions would you be able to take if you took that energy back and focused it on self-improvement?

Do you check your device of choice in the middle of the night?  
Do you check it right before you go to bed?

If you answered yes to either of these, do you normally sleep pretty well? Do you wake up feeling rested?

Would you say that most of your friendships are superficial or do you feel deeply connected to your friends?

If you don't feel deeply connected, could it be because you are too distracted by your device? Do you put it ahead of your real-life relationships sometimes?

Prompts:

- When you're having dinner with friends, do you check your phone often?
- How often do you check your phone during meetings?
- You're waiting in line for something, are you more likely to strike up a conversation with you significant other or start scrolling through your phone?
- Are you so busy posting how great of a time you're having at an event that you miss out on enjoying the experience?

Now go back through your answers, and identify one bad habit that you would like to break.

What step are you going to take today to break that habit?

Once you conquer that habit, come back to this worksheet to work on the next one.

One more thing, commit to using social media in a positive way. For inspiration, check out the post, "10 Simple Ways Social Media Can Support Your Potential."