



# **SOCIAL MEDIA CLEAN-UP CHECKLIST**

## **Workbook**

This worksheet is a tool to guide you in creating a more positive and enriching social media environment, aligning your online world with your personal and spiritual growth goals.

# SOCIAL MEDIA CLEAN-UP CHECKLIST

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**Print and complete or simply use as a guide.**

Take your time with each step, ensuring thoughtful and honest responses.

## PURPOSE: WHY I FOLLOW

- List the accounts you follow.
- Write down the reason you followed each account (e.g., inspiration, education, entertainment, personal connection, etc.).

## EVALUATION: VALUE ASSESSMENT

- For each account, mark how often they add positive value to your day (Often, Sometimes, Rarely).
- Note any feelings or reactions you typically have after engaging with each account (e.g., motivated, happy, anxious, envious).

## DECISION MAKING: KEEP OR UNFOLLOW

- Based on the value assessment, decide whether to keep following each account or unfollow.
- For accounts marked for unfollowing, note down a brief reason why (e.g., not aligned with current interests, negative feelings, etc).

## ACTION STEPS: IMPLEMENTATION PLAN

- Set a date by when you will have reviewed and updated your follow list.
- Plan a regular (e.g., monthly, quarterly) review schedule to keep your social media connections fresh and relevant.

## GROWTH TRACKING: PERSONAL GROWTH OBSERVATIONS

After cleaning up your social media, jot down any changes you observe in your online experience and overall well-being over the following weeks.

# HELPFUL LINKS

If you'd like to stay connected, here are some options

[SUBSCRIBE TO THE NEWSLETTER](#)

[WATCH WEEKLY FAITH TALKS AND TIPS](#)

[CONNECT ON SOCIAL](#)

[LEARN ABOUT "IL" | WOMEN'S ORG](#)

[LISTEN TO PODCAST](#)

[LET'S WORK TOGETHER](#)

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