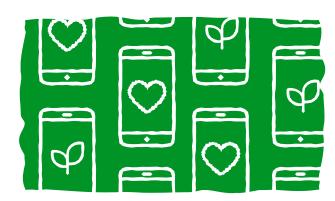
A Healthy Feed

In the same way we strive to consume healthy food, we should also strive to consume a healthy social media feed. Use these questions to help you clean up your social media diet!



Materials

Yourself

Your Phone

Instructions

Go through the accounts you follow, pages you like, and outlets you subscribe to and answer these questions:







Does the content posted on this account inspire me?





Does the content posted on this account help me learn something new?





Does this account help me stay connected to a person/people I care about and/or can learn from?





The Goal

The goal is to fill your social feeds with content that serves you.