Know Your Self(ie)

It's easy to get lost in the noise of our never-ending social feeds. Discover how to cultivate the best social media experience for you with this value-finder activity!

Materials

List of questions (below)

Something to write with

Something to write on

Group Leader Instructions

PROMPT: Guide the group through the activity by prompting them with each question below.

DISCUSS: Before moving onto the next question, discuss how their answers inform how they'll interact with social media going forward.

For example: if someone were to answer Question 1 with "Spreading Kindness" then perhaps they could try posting a photo of someone they admire with a caption about why they admire them. Or maybe they start to follow people and accounts that also spread kindness.

INCORPORATE: Encourage the group to keep their answers in mind whenever they go on social media.

The Goal

The goal is to create a happier, healthier, and more purposeful social media experience for each individual.

Individual Instructions

1   ANSWER

Answer the questions below.

2   REFLECT

Ask yourself how each answer can inform how you use social media going forward. Are you posting to give or are you posting to get ?

3   INCORPORATE

Keep your answers in mind as you scroll through your feeds and post content!

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Questions

What's a positive thing you want to be known for?

- - → USE THIS TO INFORM WHAT/HOW YOU WILL POST ON SOCIAL MEDIA.

e.g. making someone feel like they matter

What's a positive thing you wish you could tell or share with the world?

- - → USE THIS TO INFORM WHAT/HOW YOU WILL POST ON SOCIAL MEDIA.

e.g. how to have a productive conversation,expressions of kindness, song, etc.

List 3 things you want to learn more about.

- - → USE THIS TO INFORM WHAT/WHO YOU FOLLOW AND INTERACT WITH ON SOCIAL MEDIA.

e.g. how to keep the planet healthy, how to feel calm, the deep sea, etc.

List 3 things that make you happy.

- - → USE THIS TO INFORM WHAT/WHO YOU FOLLOW AND INTERACT WITH ON SOCIAL MEDIA.

e.g. French bull dogs, watermelon, beach, etc.