



Digital Life



1. How does social media affect my mood today?
2. What apps take more of my attention than I want to give?
3. What do I usually feel before opening my phone?
4. What emotion am I trying to avoid when I scroll?
5. Which digital habits support my life?
6. Which digital habits leave me feeling drained?
7. What would I do with an extra hour away from screens?
8. How does comparing myself online affect my confidence?
9. What accounts or content make me feel inspired?
10. What online spaces no longer feel healthy for me?
11. How do I want technology to fit into my life?
12. What notification could I turn off today?
13. What does a healthier relationship with my phone look like?
14. When do I feel most present without technology?
15. What boundaries would improve my digital wellbeing?
16. How does AI or new technology affect the way I think, learn, or create?
17. What parts of my online identity feel genuine?
18. What parts of my online life feel performative?

