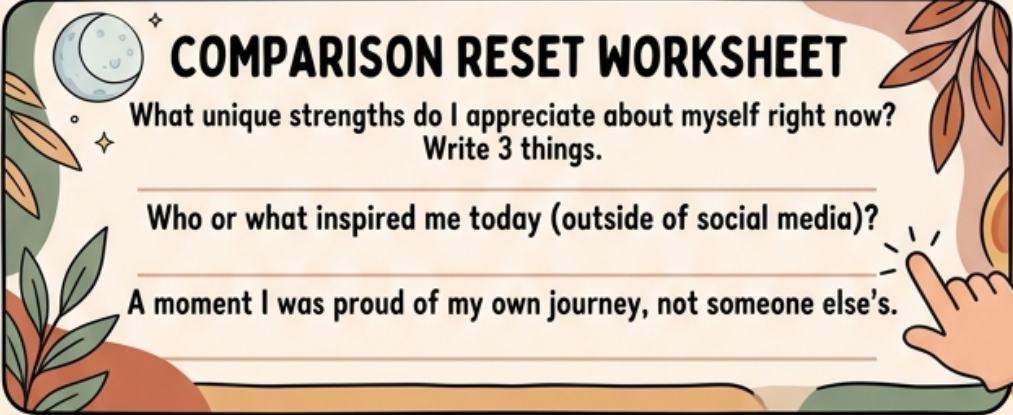


GRATITUDE WORKSHEETS FOR SOCIAL MEDIA BURNOUT

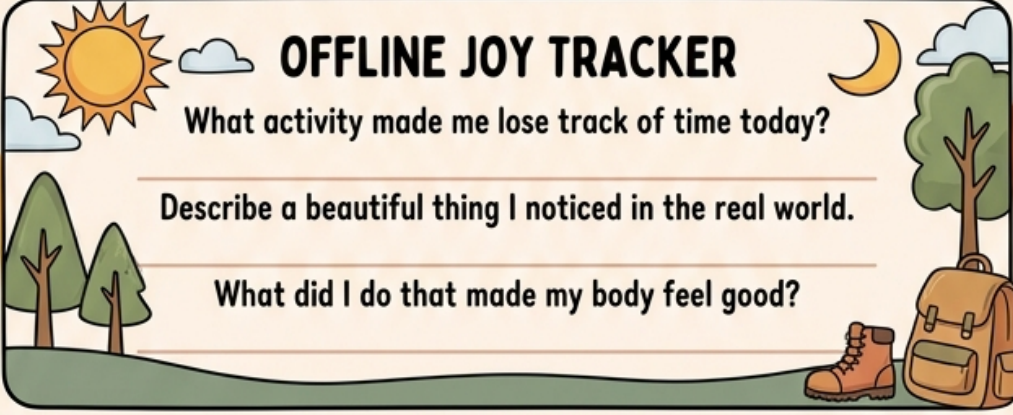


COMPARISON RESET WORKSHEET

What unique strengths do I appreciate about myself right now?
Write 3 things.

Who or what inspired me today (outside of social media)?

A moment I was proud of my own journey, not someone else's.

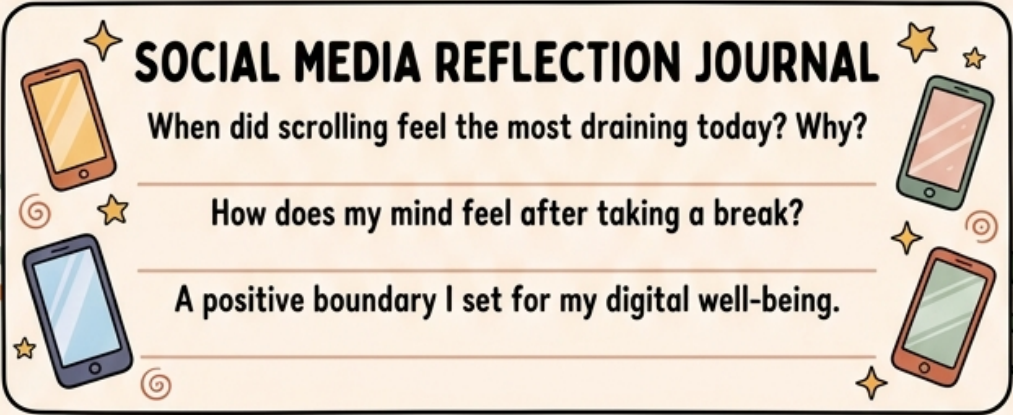


OFFLINE JOY TRACKER

What activity made me lose track of time today?

Describe a beautiful thing I noticed in the real world.

What did I do that made my body feel good?

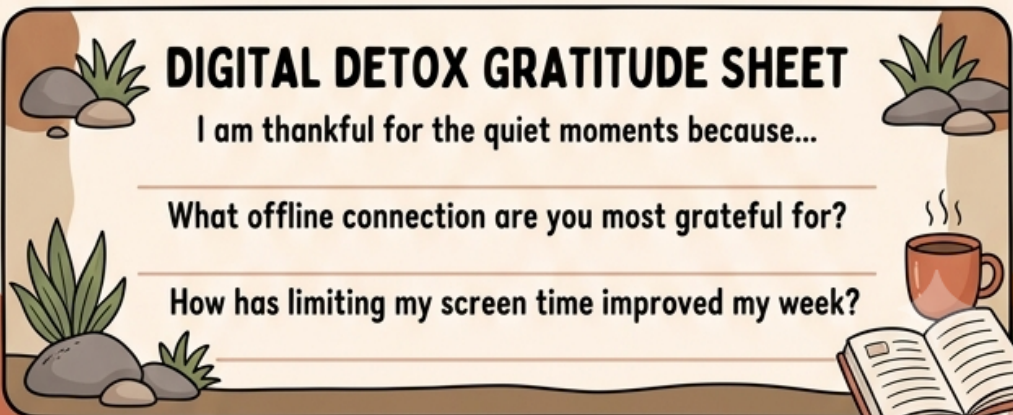


SOCIAL MEDIA REFLECTION JOURNAL

When did scrolling feel the most draining today? Why?

How does my mind feel after taking a break?

A positive boundary I set for my digital well-being.



DIGITAL DETOX GRATITUDE SHEET

I am thankful for the quiet moments because...

What offline connection are you most grateful for?

How has limiting my screen time improved my week?