

Social Media and Gen Z Self-Worth Prompts

1. What kind of social-media content makes me feel most inadequate or behind?

2. Whose life do I compare mine with most often, and what am I assuming about their reality?

3. Which parts of my life feel less valuable when I compare them with what I see online?

4. What achievement do I want because it genuinely matters to me, and what achievement do I want because it looks impressive?

5. How does my mood change after scrolling through content focused on appearance, productivity, money, or relationships?

6. What parts of myself do I perform differently online than I do in private?

7. If nobody could see my progress, what goals would I still want to pursue?

8. What does "being behind" actually mean to me, and who taught me that timeline?

9. Which parts of my life would I probably appreciate more if I stopped documenting or comparing them?

10. What would I choose today if I weren't trying to make my life look successful to someone else?

11. Which accounts consistently leave me feeling grounded, inspired, or genuinely happy?

12. What would a healthier relationship with social media look like for me without requiring me to disappear from it completely?

