



My Social Media Boundaries Worksheet

Because I control the scroll—not the other way around

My Why

I use social media to...

- ☐ Connect with friends
- ☐ Share my creativity
- ☐ Learn new things
- ☐ Laugh and unwind
- ☐ Stay informed
- ☐ Other: _____

My Time Limits

Weekdays: _____ minutes/day

Weekends: _____ minutes/day

Max time per app: _____

Tech-free times:

- ☐ Before bed
- ☐ During meals
- ☐ First hour after waking
- ☐ Other: _____

My Emotional Check-In

When I scroll, I usually feel...

- ☐ Inspired
- ☐ Anxious
- ☐ Left out
- ☐ Happy
- ☐ Jealous
- ☐ Relaxed
- ☐ Other: _____

If I start feeling overwhelmed, I will...

- ☐ Take a break
- ☐ Do something offline
- ☐ Talk to someone
- ☐ Use a calming strategy
- ☐ Other: _____

My Feed Clean-Up Plan

- ☐ Unfollow accounts that make me feel bad
- ☐ Mute drama or negativity
- ☐ Follow creators who uplift and inspire
- ☐ Limit comparison scrolling
- ☐ Review privacy settings
- ☐ Other: _____

My Digital Detox Goals

I will unplug for...

- ☐ 1 hour/day
- ☐ 1 full evening/week
- ☐ 1 weekend/month
- ☐ Other: _____

Offline activities I enjoy:

- | | |
|---|---|
|  _____ |  _____ |
|  _____ |  _____ |

My Commitment

I'm setting these boundaries to protect my peace, stay present, and use social media in a way that feels good—not draining.

Signature: _____ Date: _____