**Social Media Journal**

Monday:

1. How much time did I spend on social media today?
2. How did I feel after spending the time on social media? Was my time well spent?

Tuesday:

1. How much time did I spend on social media today?
2. How did I feel after spending the time on social media? Was my time well spent?

Wednesday:

1. How much time did I spend on social media today?
2. How did I feel after spending the time on social media? Was my time well spent?

Thursday:

1. How much time did I spend on social media today?
2. How did I feel after spending the time on social media? Was my time well spent?

Friday:

1. How much time did I spend on social media today?
2. How did I feel after spending the time on social media? Was my time well spent?

Saturday:

1. How much time did I spend on social media today?
2. How did I feel after spending the time on social media? Was my time well spent?

Sunday:

1. How much time did I spend on social media today?
2. How did I feel after spending the time on social media? Was my time well spent?

Final reflection: How do I feel after my social media audit?