



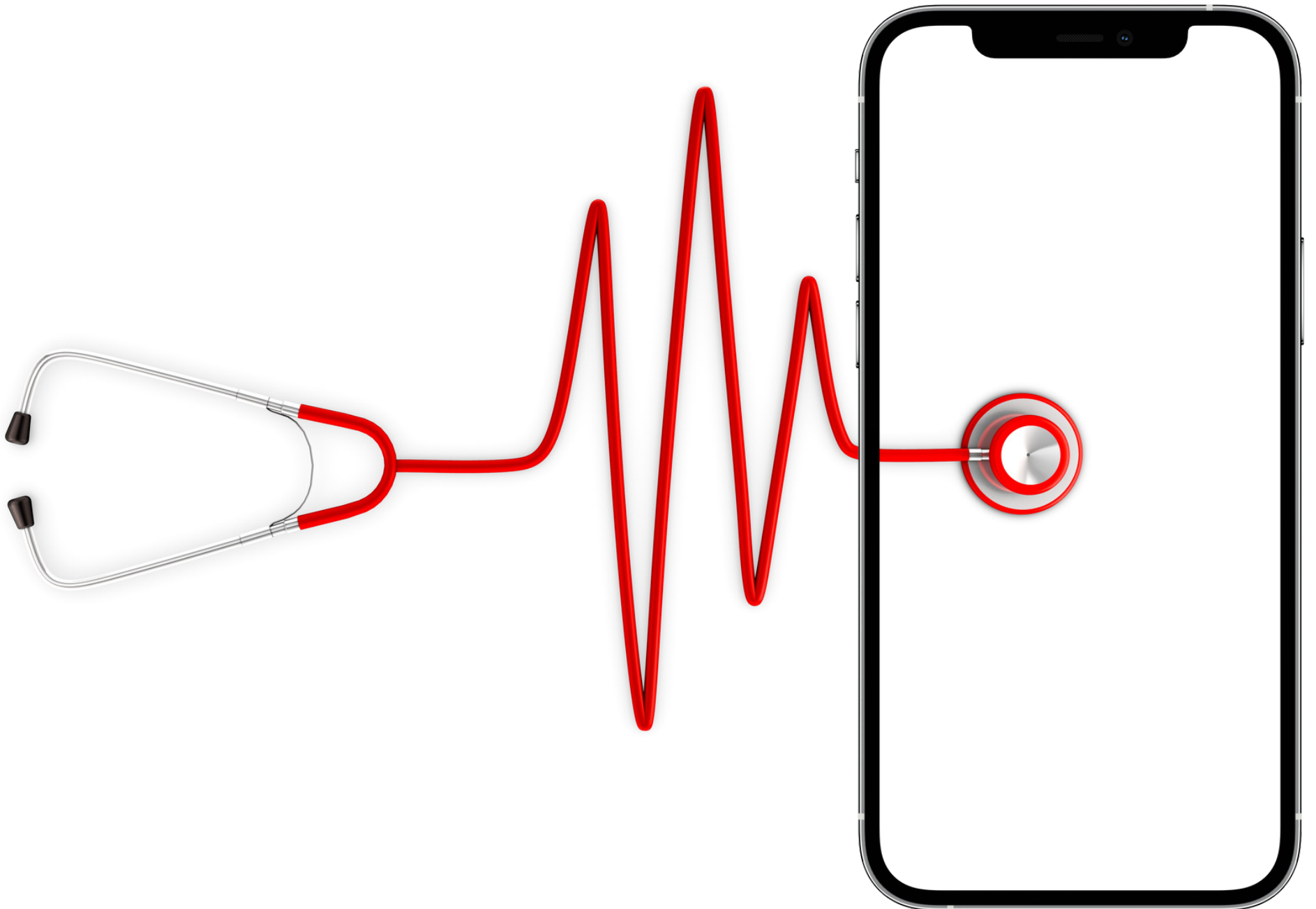
**SOCIAL MEDIA HEALTH CHECK**



**POGGIONE GROUP**  
*We Tell Your Story*






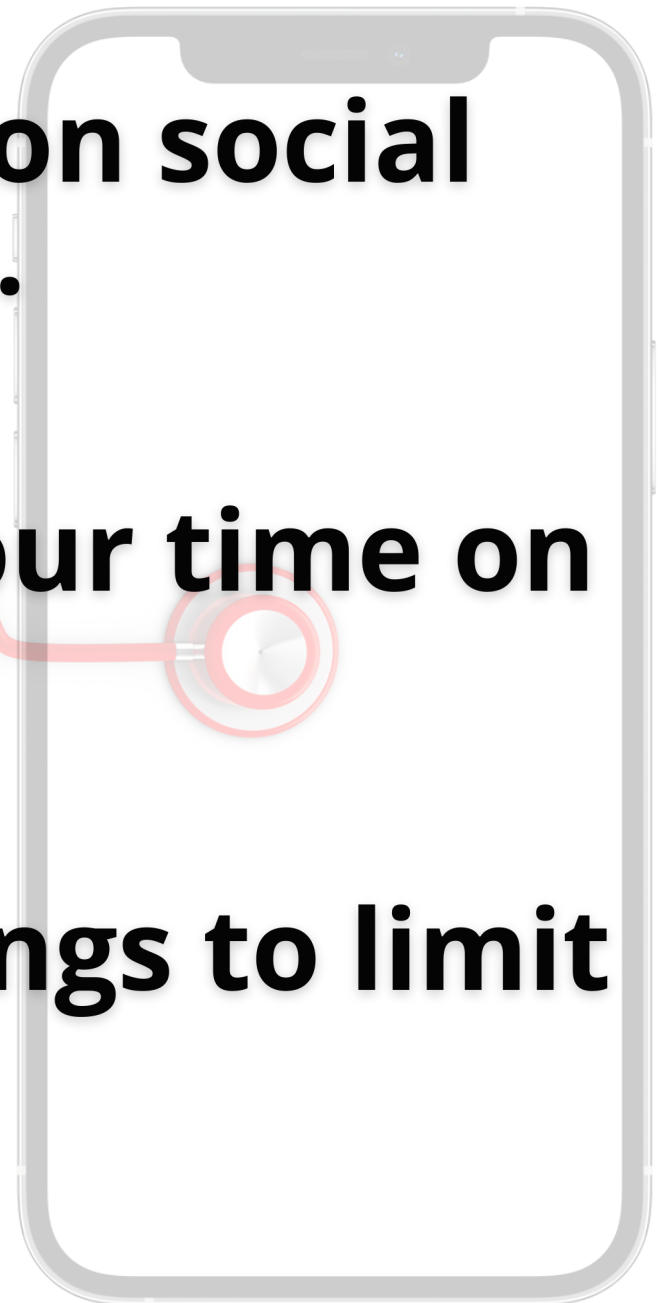
# **YOUR CHECK-UP**





# SET A TIME LIMIT

-  **Schedule time to be on social media and stick to it.**
-  **Set a time limit to your time on social media.**
-  **Adjust the app settings to limit your time.**





# USE A CUT-OFF TIME



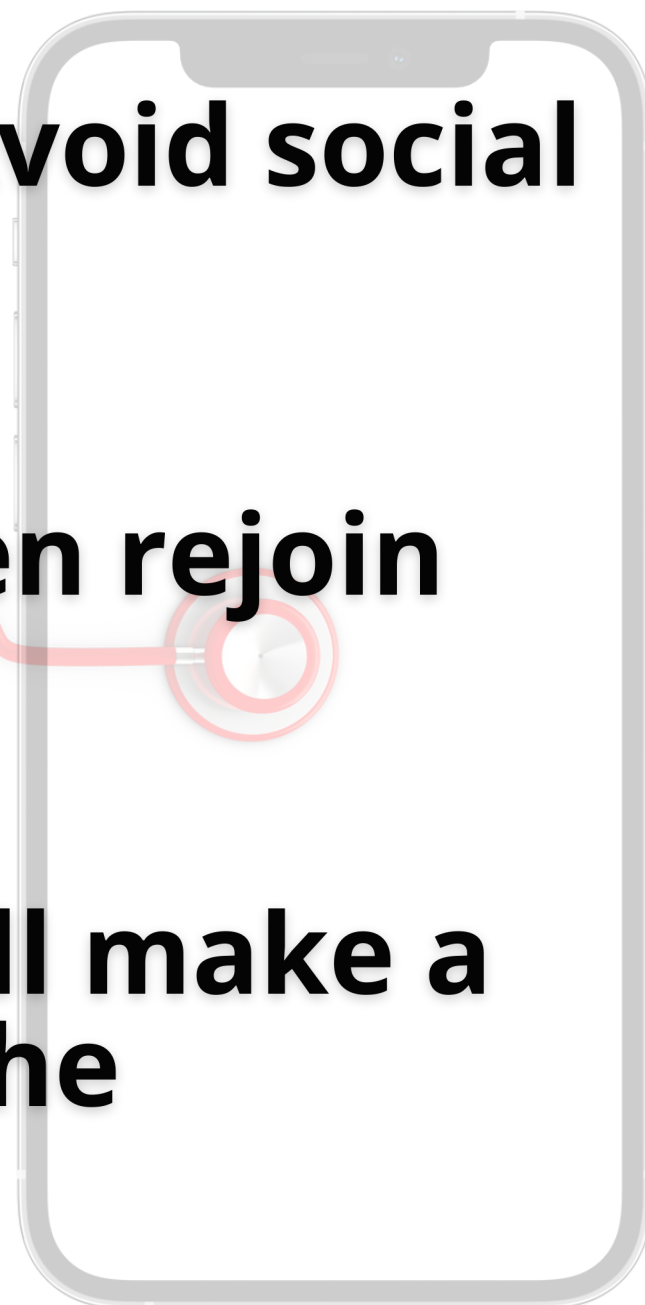
**Cut out social media use at least **1 hour** before going to sleep.**





# CHECK YOUR MOOD

-  If it is not **positive**- Avoid social media.
-  **Reset** your mood then rejoin social media.
-  Ensure your post will make a positive change to the audiences **mood**.





# STOP SCROLLING

-  **Know your purpose for being on social media and **stick** to it.**
-  **Have a **goal** to reach every time you are on social media.**
-  **If you have met your purpose and goals, end your social media session early or stick with the **predefined time limit**.**



# **BUILD A CATALOGUE OF POSITIVITY**



When you find a positive, inspirational, or emotional post- **save it**. (Don't forget to like it + share it)



You can also screenshot the post and save it in your **positivity folder** for future reference.

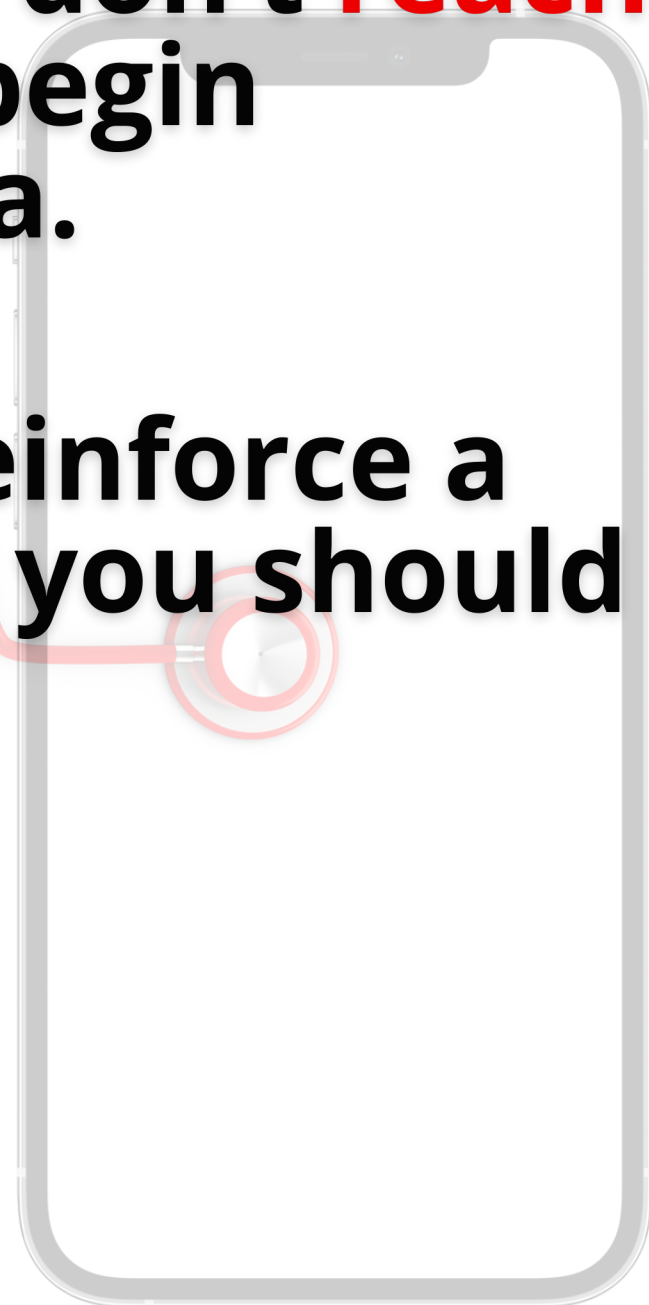




# **IDLE TIME = NO SOCIAL MEDIA**

**+** If you have idle time don't **reach** for your phone and begin scrolling social media.

**+** Doing so will start/reinforce a **habit** that when idle you should surf social media.





# REFER TO YOUR CATALOGUE OF POSITIVITY

 When you have idle time and find yourself reaching for your phone, rather than clicking social media channel, click to **open** your folder of saved positive posts.

 Spend some time in positivity while changing your habitual actions and **nourishing** your mind with positivity.





# CHECK BEFORE YOU POST

**Before you hit “post” ask yourself:**



***Will the audience get any value from this?***

**If the answer is **no**, don't post it.**





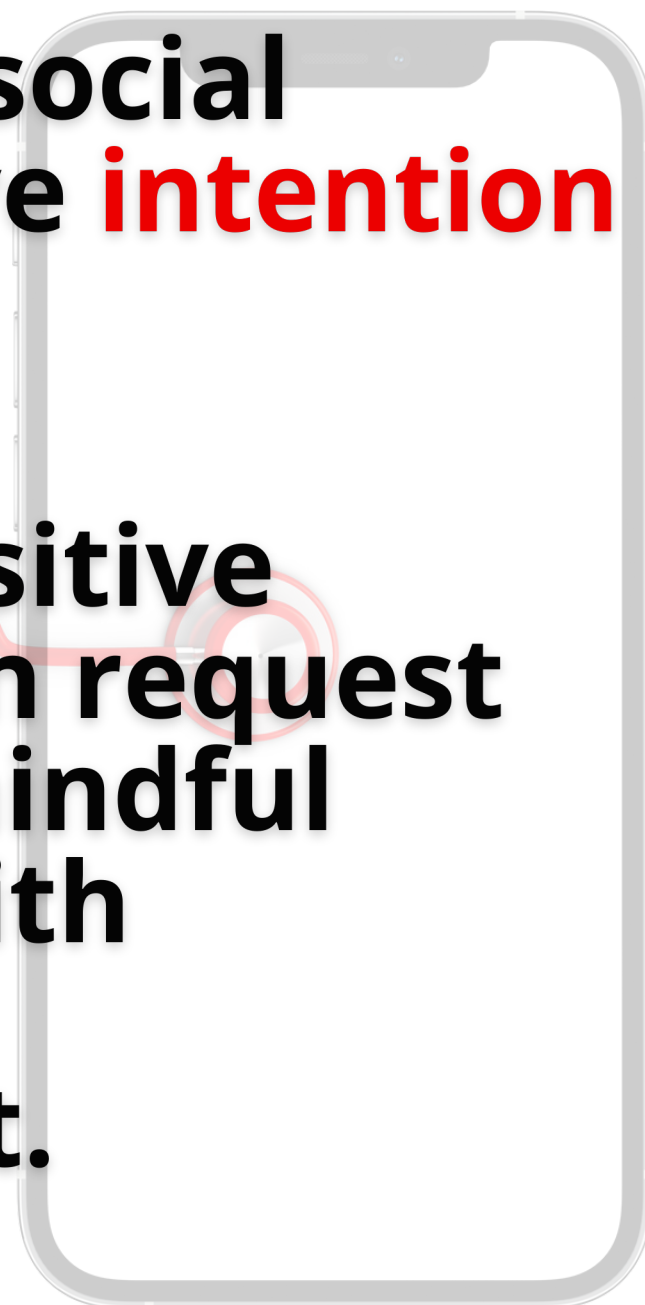
# SET YOUR **+** INTENTIONS



Before you log onto social media have a positive **intention** for your session.



It could be: a like, positive comment, connection request with positive note, mindful sharing of content with someone else or a testimonial/shoutout.





# REMINDE YOURSELF YOU CAN BE A LIGHT FOR OTHERS

Making and leaving a positive **imprint** on social media can produce a tremendous ripple effect.



Actively look to make a positive **impact** on others when on social media.



This **mindset** will help to make your time on social media fruitful, engaging and uplifting.





# PREPARE THE SOIL FOR FARMING

- 
- ⊕ Take your social media connections **deeper** - below the surface - to understand and connect with them on a deeper level.
  - ⊕ Once they see you **care** they will be more open to how you can help them.



# **FOCUS ON FARMING NOT HUNTING**



**Adopt a mentality of how can I help someone on social media:  
**Farming.****



**As opposed to who do I need to meet and connect with:  
**Hunting.****

