

Social Media Fitness

Student Success Funnel Worksheet



The purpose of the accompanying “Success Funnel Worksheets” is to reduce the constant 24/7 barrage of incoming online content to our devices via the Internet and social apps and platforms. Through mindful exercises in differentiating the truly important from the urgent, the need to respond immediately to incoming notifications such as texts, social posts and comments, and other stimuli will diminish and will instead become a more focused and considered method of functioning throughout the day.

The worksheets consist of an initial illustration of a funnel with the word “Values” in a green banner on the front. This indicates the narrowing from the top (everything incoming throughout the day) to a stop-point (Values) that asks you to consider pausing and using a self-identified set of Values and “Filters” to determine if the incoming, non-stop social stimuli (or outgoing content creation) is worthy of responding to, sharing, Liking or otherwise acknowledging. If it does not, disregard it. The premise that “I might miss out on something” is untrue. Rather than the fear of losing Followers and Friends becoming real, these same people will instead adapt to your “new and improved” way of doing social media.

THE WORKSHEETS

Suggested dialogue for each sheet is as follows:

TODAY...

This represents how you use social media. Identify **five** ways in which you use social media today. There are no right or wrong responses as everyone sees the value and purpose of social media differently. If you are working with a mentor or leadership team, discuss answers that might concern you such as “Drama and Rumours” to evaluate their deeper value to you.

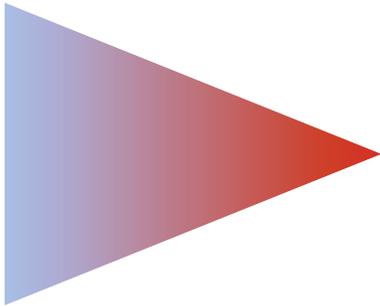
WHAT IS IMPORTANT...

As you work to develop clarity, purpose and a higher reason for using social media (which also serves the potential of reducing stress and anxiety) list **five** things that are important in your life. These five responses will be the groundwork for you to go deeper...*the WHY*.

WHY...

Take each of your five responses from the “What is Important” sheet and list **three** reasons Why, to each of those five points. Again, no correct or incorrect responses as these will be narrowed to become the embodiment of your self-defined representation of **Values**, or **Filter**.

Today



A vertical writing area with a blue border on the left and top. It contains five horizontal dotted lines for writing.



WHAT



is important to me? (5 only)

Five horizontal dotted lines for writing answers.



WHY



(for each "what," choose only 3 "whys")

Handwriting practice area with five horizontal dotted lines for writing.

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STAY IN YOUR LANE...

From each of the three reasons on the Why sheet, choose only **one**, or the most important Why for the center column in the Stay in Your Lane sheet. These final five responses become your primary Value set, or Filter, when you experience incoming content and whether you choose to respond to or engage with it. The same applies with content you're considering creating and posting. The left and right side of the main focus area is irrelevant; drama, rumour, innuendo, time wasting, and other content.

CONCLUSION...

Individuals that have engaged in this exercise have offered thoughts ranging from experiencing less stress, anxiety and screen-time to an increased sense of purpose around their social media. As well, much of what they used to create and consume is eliminated thus freeing up real-time to use social media to begin engaging with elements of influence that will impact their future; schools, individuals, employers, sports, volunteerism and social issues, and other pursuits.

Finally, your responses are never static. As your priorities and awareness evolve so will the reasons you use social media - and so will your Values and Filters.

Got Questions on any of the above, or wish workshop/presentation information?

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