

# TEND TO YOUR VIBE: SOUL-CIAL SOLUTIONS



Let's put the heart & soul back into soul-cial media.

*Start Date:*

Achieve your social media goals with intention & joy.

*Checkin Date:*

## 5 TIPS ON HOW TO TEND TO YOUR VIBRATION ONLINE:

### 1. Set boundaries

Setting boundaries for your social media is about creating healthy habits to help you use your time & energy with intention. (ie. *Office Hours, App time limit, etc.*)

Set your "Online hours" here:

### 2. Set an intention before going online

Your intention helps you respect your time/energy when online. A lack of intention is how you get immediately distracted on social media or end up doom scrolling.

Ask yourself: What is my intention? –before you open the app.

### 3. Follow through with your boundaries & adjust accordingly

Not all boundaries work right away–give yourself grace to practice, and if it's not working for you,–what can you adjust to support yourself more?

### 4. Watch for YOUR toxic patterns/cycles on social media

List your toxic thoughts/patterns you have on social media:

Take note when these start to show up, and if you catch yourself in a cycle of undesirable thoughts/feelings, can you give yourself grace and space from the app?

### 5. Create & clear space

Create space for you to create content, it doesn't have to be a lot of time, but blocking out time to focus on what you want to create will help you start an intentional content creation practice.

Schedule Space: (date/time)

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# ENERGETIC EXERCISE

## FOR YOU + YOUR SOCIAL MEDIA

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What 3-5 words best describe your feelings or relationship with social media?

Example: Overwhelming, Stuck/Lost, Hate that I have to do social media

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Why does social media feel like \_\_\_\_\_?

(insert answers from first question)

Example: When I'm on the app it feels like I create something and it goes no where. Or some days I don't know what to do or say and I get distracted by what everyone else is doing

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What kind of feeling or relationship do you desire to have with social media?

Example: I want it to feel simple and fun, inspiring, feel like what I share matters

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How much time do you actually have available to spend/create on social media?

\*be aware of other work, family, responsibilities

Identify your "energy buckets or cups" that you are currently pouring time, energy & resources into. Be honest with what you are currently focused on, and what you have capacity for.

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How much time are you already spending on social media?

Consuming?

\*check your phone status

Apple: Settings - Screen Time - See All Activity - App

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What goal (personal/business) do you want to set for your Instagram?

Example: Consume less, Create more

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What if you started spending time intentionally to create, share, post and connect in a way that supports your goals & intentions for social media?

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Notes:

Resources:

Tend to Your Vibe: Soulcial Solutions Worksheet was created by Steff Smith

Community Activator | Events Expert | Soul-cial Media Creator & Coach

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"It's time to Fill Your Cup First Babe."