

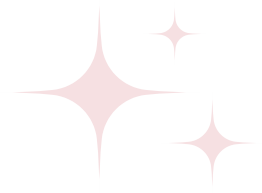
KONTENT CONSUMPTION CHECK WORKSHEET

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HAVING A WELL-TRAINED EYE WHEN IT COMES TO THE CONTENT YOU'RE CONSUMING IS KEY IN MAINTAINING YOUR MENTAL AND EMOTIONAL HEALTH AND SUPPORTS YOUR GROWTH AND DEVELOPMENT.

HOW CAN YOU EVALUATE THE CONTENT YOU'RE READING OR WATCHING?





HERE IS AN EXERCISE TO ASSIST YOU WITH THAT:

1. TAKE SOME TIME TO CONSIDER WHAT KIND OF MESSAGE IS BEING CONVEYED. IS IT ONE THAT ALIGNS WITH YOUR VALUES OR BELIEFS?

IN THE TABLE BELOW, LIST THE SOURCE OF CONTENT ON ONE SIDE AND THEN HOW IT MAKES YOU FEEL ON THE OTHER.

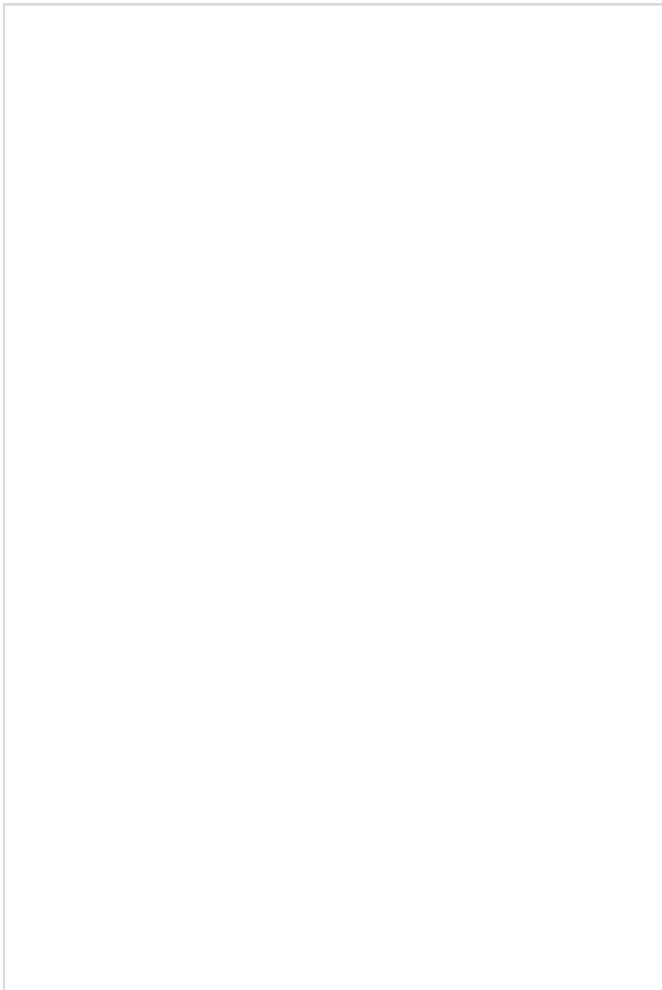
SOURCE OF CONTENT

HOW IT MAKES YOU FEEL

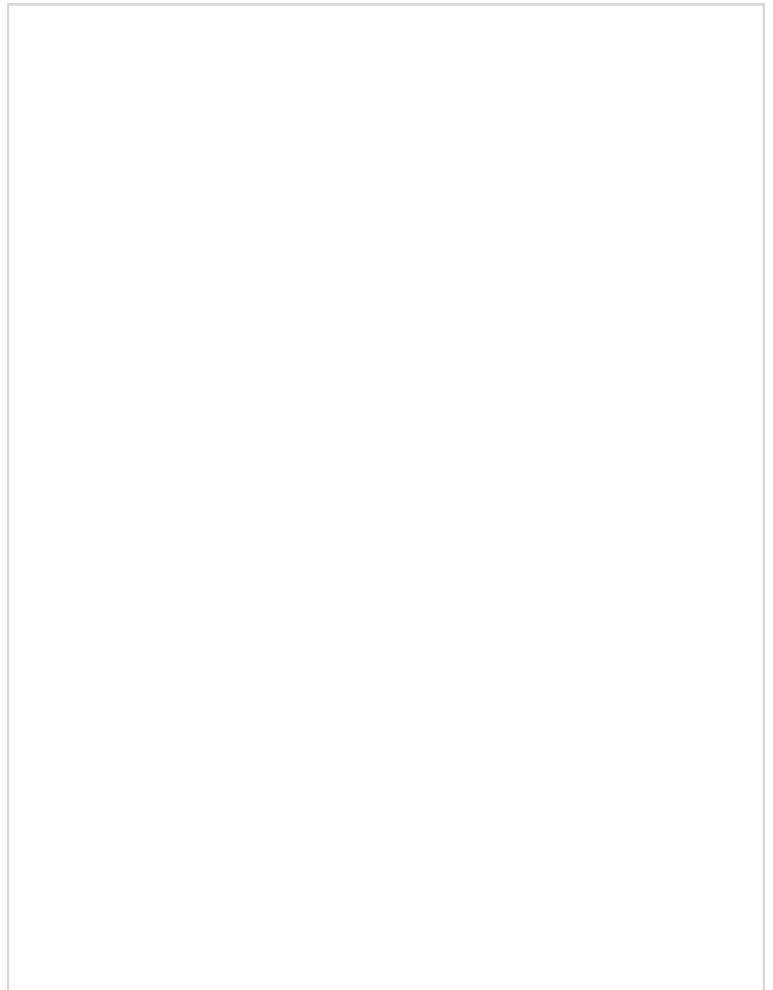
2. ONCE YOU HAVE CONSIDERED IF THE CONTENT IS MAKING YOU FEEL MORE POSITIVE AND INSPIRED, OR IF IT'S LEAVING YOU FEELING DRAINED OR ANXIOUS, DECIDE WHAT CONTENT YOU SHOULD BE DISTANCING YOURSELF FROM AND WHAT YOU SHOULD FOCUS MORE ON.

LIST BELOW WHAT YOU NEED TO FOCUS ON MORE AND WHAT YOU NEED TO REMOVE FROM YOUR CONTENT CONSUMPTION.

NEED TO FOCUS ON



NEED TO REMOVE



3. CONSIDER HOW MUCH OF YOUR ATTENTION THE CONTENT IS TAKING UP — ARE YOU ALLOWING IT TO MONOPOLIZE YOUR TIME?

IF SO, TAKE SOME NOTES BELOW ABOUT HOW MUCH TIME YOU WOULD LIKE TO BE INVESTING IN CONTENT CONSUMPTION AND WHEN YOU WOULD LIKE TO BE CONSUMING IT.

THIS WILL ALLOW YOU TO SET SOME HEALTHY HABITS SURROUNDING THE TIME YOU ARE INVESTING IN CONTENT.

ANSWER BELOW.

4. ASK YOURSELF IF THE CONTENT IS HELPING YOU DEVELOP AND LEARN, OR IF IT'S CREATING A MENTAL "STATIC" THAT PREVENTS YOU FROM FOCUSING ON WHAT MATTERS MOST.

THIS WILL ENABLE YOU TO REALLY TAKE A CLOSER LOOK AT WHETHER OR NOT YOU ARE GROWING FROM THE CONTENT YOU ARE CONSUMING AND IF IT IS MEANINGFUL.

ANSWER BELOW.

5. PAY ATTENTION TO HOW OFTEN YOU'RE CONSUMING THE SAME TYPE OF CONTENT — ARE YOU GETTING BORED WITH IT?

IF SO, TRY SOMETHING NEW. THIS WILL SHOW YOU HOW TO SHAKE THINGS UP A BIT AND EXPLORE NEW KINDS OF CONTENT SO THAT YOU ARE EVOLVING ON YOUR CONTENT CONSUMPTION JOURNEY.

WRITE SOME NEW KINDS OF CONTENT/ TOPICS YOU WOULD BE INTERESTED IN DISCOVERING BELOW.

6. EVALUATE IF THE CONTENT IS PROMOTING HEALTHY COMMUNICATION AND DIALOGUE, OR CREATING UNNECESSARY DIVISION OR CONFLICT.

CAN YOU THINK OF A TIME WHEN SPECIFIC THINGS YOU WERE WATCHING OR CONSUMING PROVOKED YOU TO START ARGUING WITH PEOPLE IN YOUR LIFE OR CREATED DIVISION IN YOUR EXPERIENCE?

LIST A SITUATION BELOW AND THE TYPE OF CONTENT YOU WERE CONSUMING WHEN THIS HAPPENED.

7. ASK YOURSELF IF THE CONTENT IS INSPIRING YOU TO ACT, DREAM, AND CREATE — LIFE SHOULD BE ABOUT MORE THAN JUST CONSUMING!

WHAT ARE THE KINDS OF CONTENT THAT YOU CONSUME THAT INSPIRE YOU TO ACT DREAM OR CREATE? PLEASE LIST BELOW.

REMEMBER: IT'S IMPORTANT TO EVALUATE THE CONTENT YOU'RE ABSORBING IN ORDER TO MAKE SURE IT'S DOING YOU MORE GOOD THAN HARM. SO NEXT TIME YOU'RE SCROLLING THROUGH YOUR FAVORITE WEBSITE OR STREAMING PLATFORM, TAKE A MOMENT TO ASSESS IF THE CONTENT IS WORTH YOUR TIME AND ATTENTION.

THANK YOU!

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