



MY DAZZLING SOCIAL MEDIA STANDARD

Today I will scroll to promote joy in my
life and happiness in my heart.

My timeline is mine to share my heart.
My feed is mine to cultivate joy.

There is enough hate & vitriol
in the world.

I will not engage in cyber-negativity
or seek out drama & discourse that'll
mold my mood.

I will not engage with
trolls or tormentors.

I will use the block AND mute
features abundantly to
protect my personal peace.

★ This is my social media standard. ★

