Digital vision board

In this activity, we'll create a digital vision board – a collage of drawings, images and quotes that represent your goals as it pertains to our digital world. This is a great way to help you visualize your goals, inspire you to be a good digital citizen and stay well in our connected world.

Follow these steps to build your digital vision board:

1. Reflect on your current digital presence as it relates to screen time, online reputation and social media (see thought starters below).

2. Write down your goals. These goals can be simple, ffor example, a screen time goal could be, "I will reduce my weekly screen time by five hours."

3. Use Google to find photographs, art, quotes or words that reflect your goals and inspire you to achieve them. Don't overthink it – capture whatever motivates you.

4. Next, create a digital collage using the images you captured. Get creative, have fun and make it your own.

5. Once you've finished your vision board, save it as your device background or print it off and hang it in a place where you'll see it every day.

6. The only thing left is for you to crush your digital goals this year!

Thought starters:

Screen time and digital well-being
- What impact do your current digital habits have on your mental health? What about your physical health?
- Do you experience stress trying to keep up with all the digital platforms, messages and posts?
- Does your current screen time keep you from pursuing offline activities you enjoy?
- How do your digital habits affect your ability to focus? Are there any tools you can use to encourage focus? For example, setting your phone on "do not disturb" while you're doing your homework.

Online reputation
- Do you treat others how you would like to be treated online? How would you describe how you interact with others online?
- Are you proud of your online reputation? Google yourself and see what comes up.

Social media
- What's your favourite social media platform? Why?
- How do you like to inspire others using social media?
- How would you describe your social media presence (e.g. uplifting, funny, educational)?
- Do you compare yourself to others and their lives based on what you see in your social feed?

Other
- Is there anything you'd like to learn online, like a new creative project, skill or language?
- How could you use the Internet to make the world a better place?

For more tips to help you maintain a healthy relationship with technology, visit telus.com/**wise**