

# 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 contribute to your digital well-being.

## 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, for example, a screen time goal could be, "I will reduce my weekly screen time by five hours."
3. Use a search engine or AI to find photographs, art, quotes or words that reflect your goals and inspire you to achieve them. Don't overthink it – capture whatever inspires you.
4. Next, create a digital collage using the visuals you collected. 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?
- How do you feel after spending extended periods on your devices? Are there specific activities that make you feel more drained or energized?
- 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?
- What steps can you take to ensure that your online presence reflects the best version of yourself?



### Social media

- What's your favourite social media platform? Why?
- Do you think social media be used as a tool for positive change in your community? If so, how would you go about initiating this change?
- How would you describe your social media presence (e.g. uplifting, funny, educational)?
- In what ways does social media impact your self-esteem and body image? How can you cultivate a positive self-image despite these influences?



### Other

- What are some creative ways to use technology for learning new skills or hobbies?
- Reflect on how digital tools have enhanced or hindered communication with friends and family. What changes could improve these interactions?

For more tips to help you maintain a healthy relationship with technology, visit [telus.com/wise](https://www.telus.com/wise)