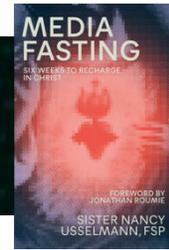


MEDIA FASTING PLAN

Adapted from *Media Fasting: Six Weeks to Recharge in Christ* by Sr Nancy Usselmann, FSP



MEDIA USE ASSESSMENT

Let's begin with a simple questionnaire to see where you are and what you want to accomplish through a media fast.

Questionnaire	Yes	No
Have you ever felt sluggish after spending time on social media?		
Do you feel compelled to check your email throughout the day?		
Is texting your sole form of communication with others?		
Do you stay up late binge-watching reels, streaming series, or YouTube videos?		
Do your social media accounts portray an idealized image of yourself?		
Do you spend too much time and money on digital games, apps, streaming services?		
Are you on your phone first thing in the morning and/or last thing at night?		
Do you use your digital media as a filler when you feel bored, lonely, or anxious?		
Do you find yourself anxious and sad after spending time on digital media?		
Does your social media use take the place of prayer?		
Do you find yourself alienated from God and others because of your media use?		

If you answered yes to any of these questions, these may be the clue to problem areas you want to address through your media fast plan.

1. Identify the apps and devices that are problematic for you. Write them here and why they are problematic (e.g., they are addictive, time-consuming, expose you to troubling content, etc.).
2. What are the triggers to your excessive media use? (E.g., feeling boredom, loneliness, anxiety). List these here.
3. How much time do you spend on each of your apps or devices per day? Make a list.

MEDIA FASTING PLAN



4. How much time do you want to spend on each app or device during your media fast? Is there anything you want to fast from entirely? Write your goal for each app or device here.

5. What will you do to limit access to your app or device?

6. What alternative(s) will you choose instead of engaging with this app or device? (e.g., prayer, exercise, spending time outdoors, reading, a hobby). List these here.

7. What obstacles do you foresee during this fast? List three obstacles and brainstorm how you want to respond to each one when it arises.

8. What are you praying for during this fast? Write down the desires and/or prayer intentions that inspire you to undertake this fast.

MEDIA FAST PLEDGE

From (*fast start date*) _____ to (*fast end date*) _____, I commit to the following Media Fast (*apps & devices you are fasting from and how you will fast*) _____

Instead of engaging with these media, I will (*alternative activities*): _____

Through this fast, I am asking God for: _____