
NAME

My Media-Balance Strategy

DATE

Directions

Answer the three questions on the handout to map out your personalized media-balance strategy. Then, complete the personal challenge that follows.

1. Which media choices give you the most benefits? What are those benefits?

2. What signs might show that your media choices are out of balance? What can you do to change the situation?

Personal challenge: What is one step you can take right now to be more media balanced? Write a concrete and actionable step you will take. In your response, include any challenges you might face and how you will address them.

