

## Message Mindset

**Directions:** Reflect on how you communicate through texting and social media. Answer each question honestly in complete sentences. There are no wrong answers; this journal helps you think about your online habits and how to improve them.



1. How do you usually feel when you send or post messages online (for example: confident, anxious, rushed, thoughtful)?
2. Describe one time when your message or post was misunderstood. What happened?
3. What could you have done differently in that situation to make your tone or message clearer?
4. When you're upset or frustrated, how do you handle texting or posting?
5. What steps can you take to make sure your messages are respectful and kind, even when you're emotional?
6. Do you ever feel pressure to respond or post quickly? How can you give yourself time to think before replying?
7. Think of one area of digital etiquette you do well. Explain how it helps your communication online.
8. Identify one habit you would like to improve in your texting or online behavior. Why is it important to change this habit?
9. Write one personal goal you will work on this month to practice better online communication.
10. Imagine how your relationships or reputation could improve if you follow your goal. What positive results do you expect?