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Your Guide: Curate Your Feed for Authenticity

Welcome to your guide! This isn't about deleting everything and starting over. It's about being intentional with what you consume so that your feed becomes a source of inspiration and joy, not comparison and anxiety. Think of it as a digital declutter for your soul.

Follow these three simple steps to start building a feed that truly serves your authentic self.

**Step 1: The Authenticity Audit Checklist**

Go through your social media accounts and ask these questions for every account you follow. Be honest with yourself!

* **Does this account consistently make me feel bad about myself?** (e.g., inadequate, less successful, or less attractive?)
* **Is this account sharing a highlight reel, or a real life?** (Do they ever share struggles or the messy parts of their journey?)
* **Do I feel inspired or drained after seeing their content?**
* **Am I following this person out of genuine interest, or out of a sense of obligation or habit?**

If you answered "yes" to any of the draining questions, it's a sign that this account might not be serving your well-being. It's okay to mute or unfollow!

**Step 2: Powerful Self-Reflection Questions**

After your audit, sit with these questions. You can journal your answers, or just think about them.

* What kinds of content truly make you feel happy, calm, or motivated?
* What are your core values, and which accounts align with them?
* Who are you outside of what social media tells you you "should" be?
* What would your ideal social media experience look and feel like?

**Step 3: A Starter List of Authentic & Mindful Accounts**

Here are some types of accounts that can help you rebuild a positive, authentic feed. Start by searching for these or similar topics and see what resonates with you.

* **Mindful Living:** Accounts that share tips on meditation, slow living, and present moment awareness.
* **Body Neutrality:** Content creators who promote self-acceptance and show diverse, unedited bodies.
* **Vulnerability & Personal Growth:** People who share their struggles and personal journeys with honesty and courage.
* **Skill-Based Hobbies:** Artists, crafters, musicians, or writers who share their process and practice rather than just the final product.
* **Educational Accounts:** Follow people who teach you something new, from history to financial literacy.

Remember, this is a journey, not a destination. Your feed should be a reflection of your evolving, authentic self.