

 **Self-Reflection Worksheet: Entertainment, Emotions, and Influence**

 **Title:**

**"Who's Really Controlling My Mind?" — A Mental Health & Media Reflection Worksheet**

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 **Section 1: Emotional Awareness**

**1. After watching TV or scrolling social media, how do I usually feel? (tick all that apply)**

- Inspired
- Anxious
- Empty
- Energized
- Pressured
- Peaceful

**2. Name one influencer or celebrity I follow closely. How do they affect my mood or self-esteem?**



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**3. Have I ever compared my life or body to what I see online? If yes, how often?**



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 **Section 2: Media Influence Journal**

**4. What are 3 common messages or values I see repeated in entertainment media?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**5. Are these messages aligned with my spiritual, emotional, or cultural truth?**



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**6. Do I believe the entertainment industry takes responsibility for its influence on society? Why or why not?**



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 **Section 3: Personal Healing + Spiritual Reset**

**7. How many hours do I spend consuming entertainment/influencer content daily?**

- Less than 1 hour
- 1–3 hours
- 4+ hours

**8. Can I replace 30 minutes of that with any of the following?**

- Chanting or prayer
- Journaling or reflection
- Reading sacred texts
- Spending time in nature
- Creating something of my own (writing, drawing, etc.)

**9. What is one commitment I can make to protect my mental and spiritual health starting today?**



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**Closing Intention:**

*“May I not consume illusions, but create inner clarity.  
May my mind remain mine. May my soul lead—not the screen.”*

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