



Ways to Set Boundaries with Social Media.



Permission to Rest

Setting Boundaries with Social Media.

Filter

Hide from *sight* on
your *sites*.

Mute, Unfollow,
Delete.

Follow

Who lifts you up?
Who inspires you?
Who do you enjoy
engaging with?

Feed

How can I pour into others
by what I post?

*Am I now trying to win the approval of human beings, or of
God? Or am I trying to please people? If I were still trying to
please people, I would not be a servant of Christ.*

Galatians 1:10

JESSICA CABEEN | JESSICACABEEN.COM



Thank You!

Self regulation is essential to faith formation. What you post is what you prioritize and I hope this framework helps to ground you in what is good, and what is pleasing to God.

Jessica

@JESSICACABEEN

WWW.JESSICACABEEN.COM

JESSICACABEEN@GMAIL.COM

Additional Resource:

LEAD WITH GRACE:

LEANING INTO THE SOFT SKILLS OF LEADERSHIP