



Social Media Spring Clean

	Before	After
Facebook Pages Liked & Followed
Instagram Accounts Followed
Other Social Media (if applicable)		
.....
Email Newsletters/Subscriptions
Magazine Subscriptions
Other		
.....

New accounts followed:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____