

A background image showing a smartphone lying on a wooden surface. The phone screen displays a podcast player interface with a play button icon and the text "EPISODE #665", "MASTERI", "MINDS", "A DEEP DIVE O", and "TOUGH". A green circular icon with a white signal symbol is also visible on the screen. To the left of the phone is a cup of coffee with a golden handle. Below the phone are white earbuds.

Curate Your Content for Growth

MEDIA AUDIT CHECKLIST:

The voices you let into your head matter. Just like the company you keep in real life, the media you consume can lift you up or weigh you down. Use this checklist to identify which voices inspire growth and which might be holding you back.

 Roamwell

Who Shapes Your Mindset?



Think about the podcasts, YouTubers, and social media accounts you spend the most time with.

Be intentional!

01

YOUR INFLUENCES:

02

REFLECT ON THEIR IMPACT



- Does this content leave me uplifted, motivated, or inspired?
- Does it align with my current goals and values?
- Is the advice or insight actionable and trustworthy?
- Do I feel energized or drained after engaging with it?

03

REMINDER TO

Decide what to do with each influence:

- ✓ Keep the voices that empower and inspire you.
- ✂ Mute or unfollow those that drain your energy or create self-doubt.
- 🔄 Add one new podcast or creator this month that supports your growth.

04

TAKE ACTION:



Reflection + Action



TRY SOMETHING NEW?

Try at least one new podcast or creator that aligns with your goals this month.

TIPS & ENCOURAGEMENT

Monthly Check-in

Try this checklist once a month to adjust your media intake.

My next audit date: _____

Journal Reflection

Combine it with journaling for maximum clarity and self-awareness.

What I'll journal about this week: _____

Seasonal Alignment

Reflect on changes in your life — your media should support who you are today, not last year.

How my media aligns with my goals now: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



By choosing my influences wisely, I trained focused, stayed motivated, and crossed the finish line confident — this checklist made it possible.

Thank You



roamwellwithsuz



connectwithsuz@gmail.com



www.roamwell.org



Barcelona, Spain

 Roamwell