EMPOWERED

Motivate

Positivity

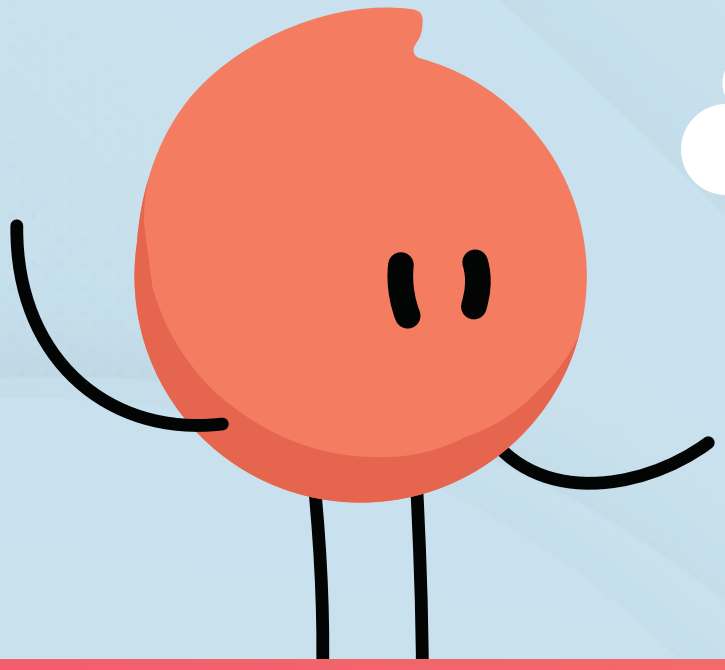
Feel Good

Inspired

Stretch Yourself

Growth

Self Improvement



DiGii SOCIAL

HOW WE CAN BE INFLUENCED ONLINE

PRESSURED

Being Pushed Down

Constant Pressure

Unable to Keep Up

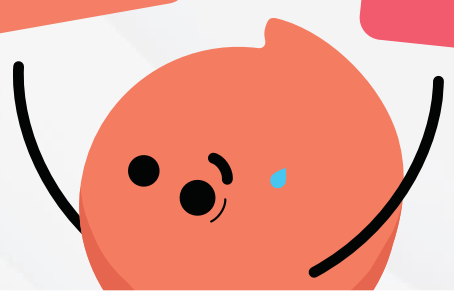
Negativity

Conforming

Feelings of Failure

Trying to Fit In

Stress

Upset

Forced