Media Bubble Inventory

Companion to "Mapping Your Media Bubble"

45 TO 60 MINUTES

HOW TO USE THIS SHEET

1. List everything you actually consume, type by type. Be comprehensive and honest: the guilty pleasures count as much as the respectable ones.
2. Hand the full list to an AI and ask what worldviews it reinforces, which blind spots it builds in, and what is missing.
3. Write down the two or three gaps that feel like they matter.
4. Pick two or three sources that sit genuinely outside your comfort: another country, another discipline, another politics.
5. Put them in the routine, not on a list: subscribe, add, set the reminder.

	What I actually consume names, not categories	Hours a week rough
1 Podcasts		
2 News		
3 Social accounts		
4 Newsletters		
5 Books		
6 Shows and video		

THE TWO OR THREE GAPS THAT MATTER

SOURCES I AM ADDING, AND WHERE THEY GO IN MY ROUTINE