

Social Media Detox

SUNDAY

- Unfollow people you do not talk to and groups or pages that are negative.
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MONDAY

- Log out of all social media accounts.
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- (It's okay you can do it.)
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TUESDAY

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- Read a book, make a list of goals, or plan an adventure.
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WEDNESDAY

- Meditate in the morning instead of checking social media.
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THURSDAY

- Hang out with a family member or friend instead of talking on social media
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FRIDAY

- Have a dinner date with yourself.
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SATURDAY

- Have an adventure. (Be in the moment no social media.)
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You Did It !