

you know you need it

# SOCIAL MEDIA DETOX

Social media may have the word social in it, but we all know when we have had too much of a "good" thing. And, it is no match for actually talking to people face to face or on the phone.

**BEGIN  
HERE**

Take 25 percent of the time away from a platform and replace it with something you love instead - Ex. 15 minutes on Facebook = calling a friend



Take back even more of your time by turning off your notifications on social media and unfollow any groups you are in.



Start your day off with intention rather than scrolling through your phone. Chose one thing every day that motivates or uplifts you and do instead.

**STAY  
HERE**

## NOTES AND IDEAS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_