

30 DAY SOCIAL MEDIA DETOX CHALLENGE



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30-DAY SOCIAL MEDIA DETOX CHALLENGE

1	Turn off social media push notifications	2	Delete all unused apps	3	Limit social media to one 30-minute window	4	No phone at meals all day	5	Unfollow people who aren't friends	6	Leave your phone in a separate room when you go to bed	7	No Facebook or Twitter all day
8	No checking phone until after all morning tasks are complete	9	Meditate for 5 minutes	10	No Instagram all day	11	Instagram free day!	12	Put phone away for 3 straight hours	13	No social media all day	14	Limit of 15 minutes of social media today
15	Halfway there! No social media all day	16	Try a new activity for 45 minutes	17	Only 30 minutes of social media all day	18	No Facebook, Twitter, or Instagram all day	19	Facebook free day!	20	Spend 15 minutes outside	21	Write about what you're thankful for - 10 minutes
22	Practice deep breathing for 10 minutes	23	Twitter free day!	24	No social media until after 5 p.m.	25	Call 2 friends	26	Read for 30 minutes	27	Only 15 minutes of social media all day	28	Go on a walk or stretch for 15 minutes.
29	No social media for the entire day	30	No phone for the entire day	CONGRATULATIONS! YOU DID IT!									



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