

7 DAY SOCIAL MEDIA DETOX CHALLENGE

Challenge yourself to reduce your social media use. The possibilities are endless with how much more you will be able to accomplish.
Spend less time on social media and more time creating a better you.

DAY 1

Track your daily screen time

Create a list of things you want to do more of

DAY 2

Turn off all social media notifications

Decrease your social media usage by 50%

DAY 3

Resist the urge to scroll on social media until noon

Continue to decrease your social media usage by 50%

DAY 4

Try a new activity that does not include your mobile device or social media

Don't use your social media after 7 pm

DAY 5

Limit daily social media use to 30 minutes

Write a journal entry on your progress, biggest challenges, and how you feel using less social media

DAY 6

Resist the urge to scroll on social media until noon

Limit daily social media use to 15 minutes

DAY 7

No social media today

Create a list of self-care things you would like to try