



TODAY IS...

THURSDAY

BIG DREAM

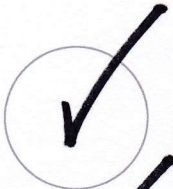
CREATE A HEALTHIER RELATIONSHIP
WITH... SOCIAL MEDIA

TINY GOAL FOR TODAY



REMOVE SOCIAL MEDIA APPS
FROM PHONE... (KEEP THEM ON
MY IPAD, THOUGH, FOR NOW)

EXTRA CREDIT



INSTALL "BLOCKSITE" ON LAPTOP -
BLOCK FACEBOOK FROM 9AM - 4PM DAILY



PLAN A FUN, INSPIRING ACTIVITY
THAT IS OFFLINE - BEACH? HIKE? ETC?
SCHEDULE IT FOR THIS WEEK!

YOU'RE DOING A GREAT JOB!