

# 30 DAY *Social Media Detox*

Day 1: Write a letter to a friend

Day 2: Take a walk or hike

Day 3: Exercise

Day 4: Start a journal and share your thoughts there

Day 5: Create a photobook with your photos

Day 6: Declutter your email

Day 7: Call a friend

Day 8: Send some happy mail

Day 9: Do a craft project

Day 10: Listen to music

Day 11: Read a book

Day 12: Meditate or pray

Day 13: Make a gratitude list

Day 14: Complete a DIY project around the house

Day 15: Do a jigsaw puzzle

Day 16: Learn a new hobby or skill

Day 17: Declutter an area of your home

Day 18: Create a household budget

Day 19: Write a short story

Day 20: Create a goals list

Day 21: Declutter photos on your phone

Day 22: Try a new recipe

Day 23: Organize a closet

Day 24: Meal plan / write a grocery list

Day 25: Clean out a pantry or cupboard

Day 26: Write a thank you note

Day 27: Plant something in your garden

Day 28: Play with your pet

Day 29: Do a random act of kindness for someone

Day 30: Bake a dessert