

14 DAYS

SOCIAL MEDIA DETOX

CALENDAR

Welcome!



Hey There!

I am Ninette Nixon, from the
MouldingLife.

I hope that this 14 days social
media detox challenge will help
you to keep a check on the
amount of time spent on social
media. Print these and keep it
with you for the next 14 days.

DAY 1

Unfollow all the unnecessary accounts

DAY 2

Delete all the social media accounts that you don't use

DAY 3

Turn off notifications

DAY 4

Social media free morning

DAY 5

No status update

DAY 6

No social media till lunch

DAY 7

No social media till evening

DAY 8

No social media
before sleeping.

DAY 9

No social media
while you eat

DAY 10

No FB today

DAY 11

No Fb & Insta
today

DAY 12

No FB, Insta,
Twitter today

DAY 13

Limit social
media use to 20
to 30 minutes

DAY 14

Go social media free
for the entire day

To help you develop your reduced social media use as a habit, I have put together a checklist. You can start using this checklist as soon as you finish your 14 days challenge.

What are your thoughts about this social media detox calendar?
I will be more than happy to know.

Send me an email at ninettenixon@mouldinglife.com

Or you can connect with me through [Facebook](#), [Instagram](#) or
[Twitter](#).

Check out the [blog](#) for contents that will inspire and motivate
you to become the best version of yourself.

And also, you can find me on [Pinterest](#).

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