

SOCIAL MEDIA

DETOX

CHECKLIST

Welcome!



Hey There!

I am Ninette Nixon, from the MouldingLife.

Congratulations on successfully completing your 14 days social media detox challenge.

Don't start using social media the way you used to before you took up this 14 days challenge. Remember, the goal was to **REDUCE** your social media use to **30 minutes per day** and **CONTINUE** it the same way.

According to James Clear, the author of Atomic Habits, it takes 66 days for a new behavior to become automatic.

You can read it [here](#).

So, I have created a checklist for 4 months to help you to develop your reduced use of social media into a new habit.

This checklist consists of 4 items. You are supposed to complete all the 4 items every day for the next 4 months.

Try to be make this as successful as possible. And if you want to continue this after 4 months, you can print the checklist as many times as you want

Social Media Detox Challenge

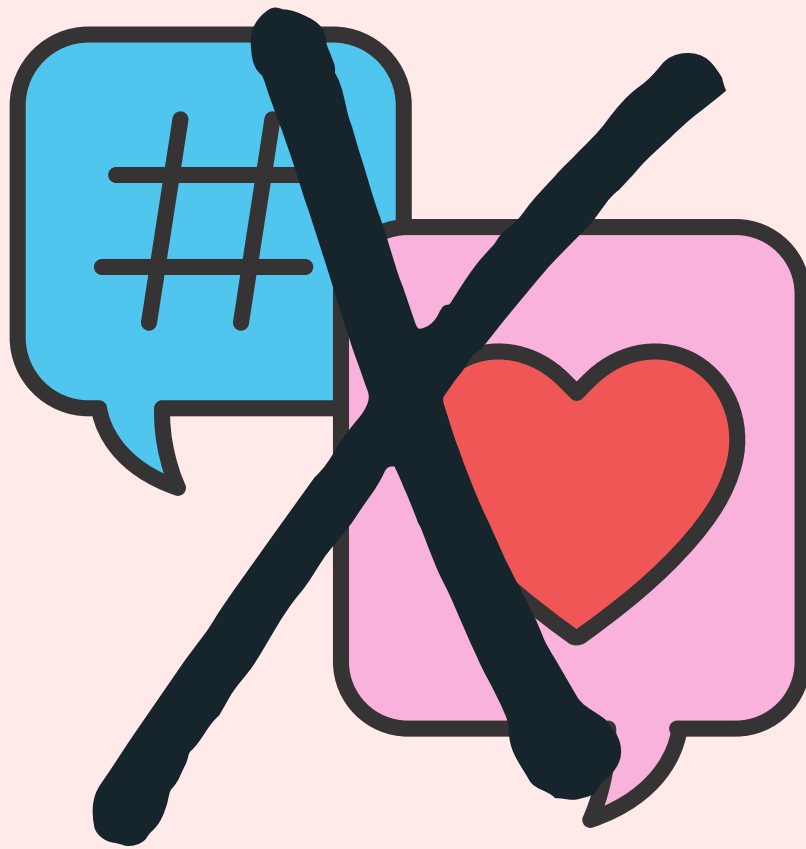


Month - 1

| | Limit social media use to 20 - 30 minutes | Use social media only after 1 hour of waking up | No social media 1 hour before sleeping | Keep phone away while sleeping |
|---------------|--|--|---|---------------------------------------|
| Day 1 | | | | |
| Day 2 | | | | |
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| Day 12 | | | | |
| Day 13 | | | | |
| Day 14 | | | | |
| Day 15 | | | | |

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|---------------|--|--|---|---------------------------------------|
| Day 16 | | | | |
| Day 17 | | | | |
| Day 18 | | | | |
| Day 19 | | | | |
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| Day 31 | | | | |

Social Media Detox Challenge



Month - 2

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| Day 30 | | | | |
| Day 31 | | | | |

Social Media Detox Challenge

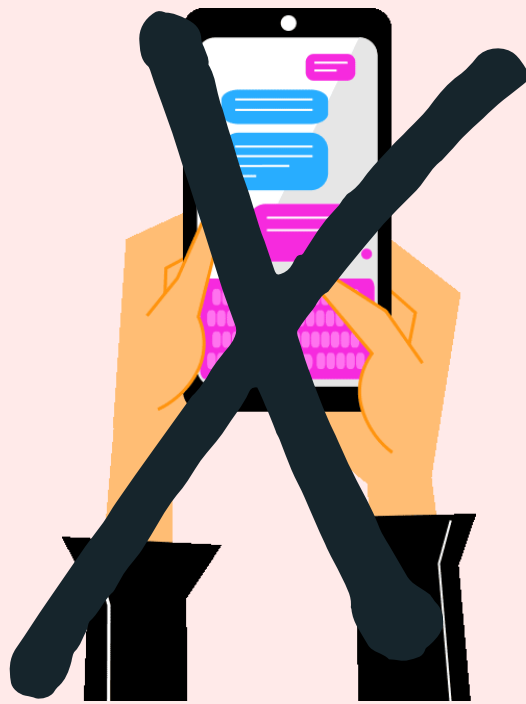


Month - 3

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Social Media Detox Challenge



Month - 4

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BONUS

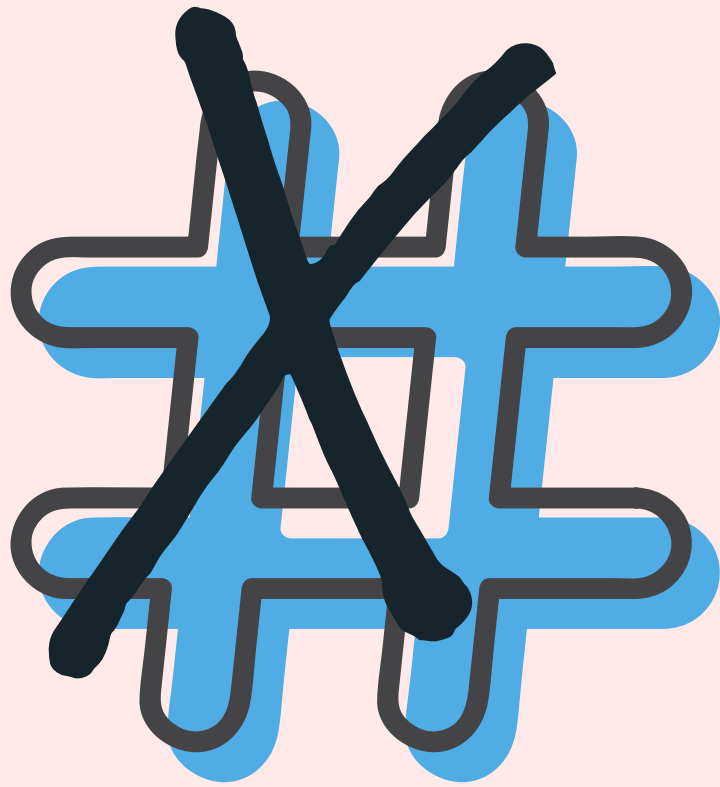
I have made monthly covers for the rest of the months. You can reprint the checklist with these covers for each month, if you want.

Social Media Detox Challenge



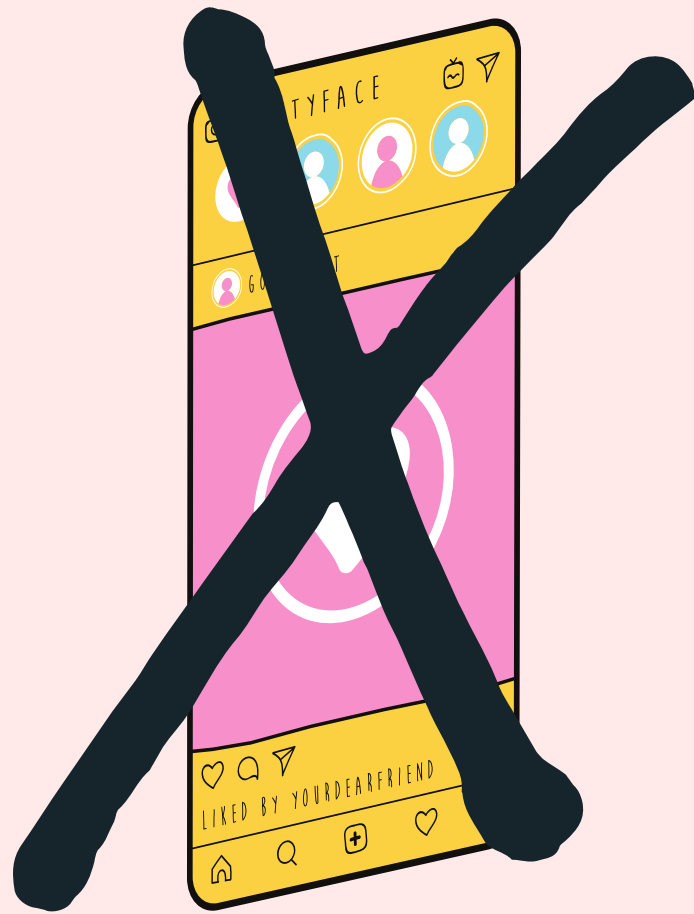
Month - 5

Social Media Detox Challenge



Month - 6

Social Media Detox Challenge



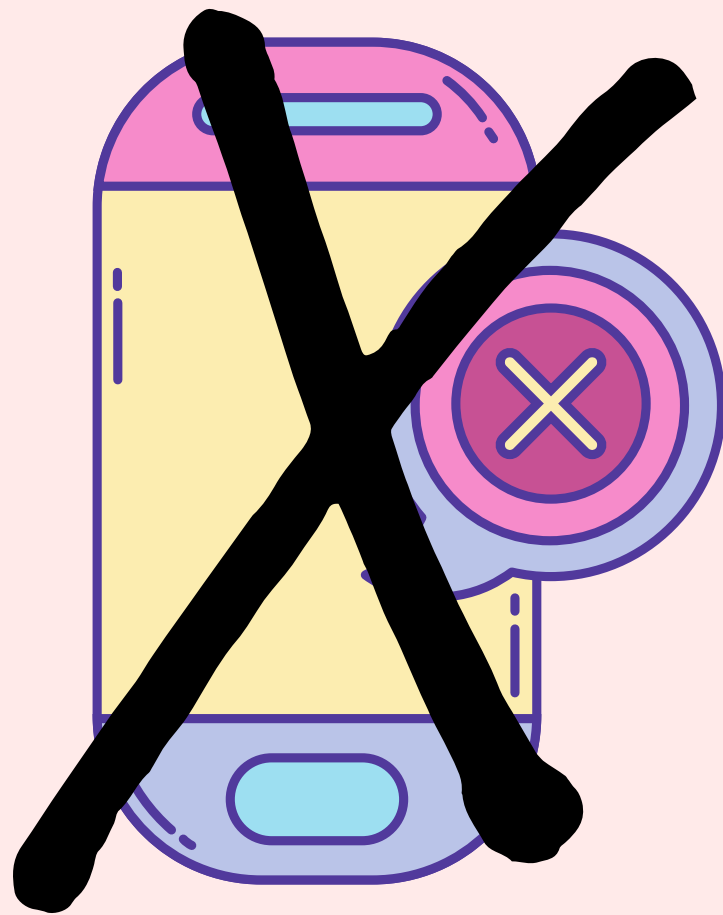
Month - 7

Social Media Detox Challenge



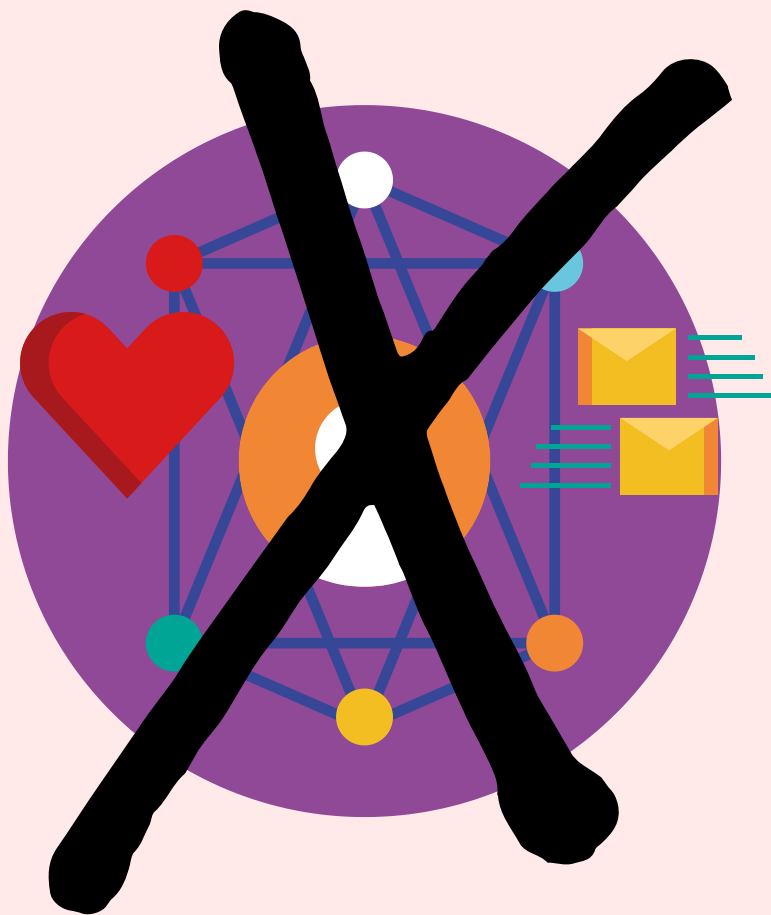
Month - 8

Social Media Detox Challenge



Month - 9

Social Media Detox Challenge



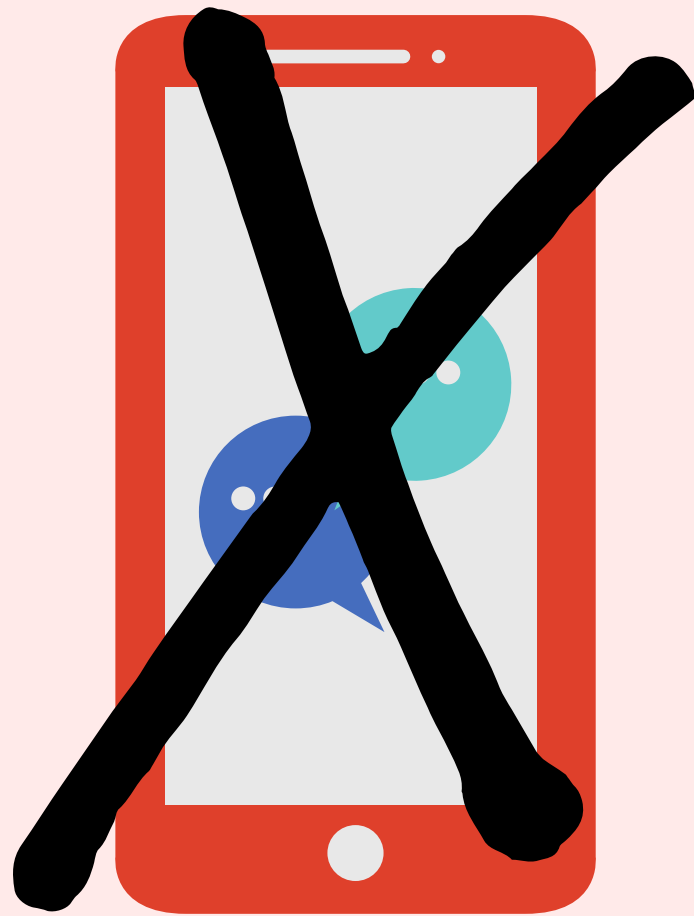
Month - 10

Social Media Detox Challenge



Month - 11

Social Media Detox Challenge



Month - 12

What are your thoughts about the checklist?
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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