

unplug

Things to do instead of social media

- *Read a fiction book outside on a blanket under a tree
- *Write a gratitude letter to an unsuspecting person
- *Pour yourself a glass of water and add some fresh herbs or fruit to it
- *Make a playlist of your favorite dance music (or use spotify's mood playlists to inspire you). Remember if you do this, the goal is to limit screen time so make your list and move on with non-screen activities
- *Take yourself on a walk around your neighborhood for just 15 mins, leaving your phone at home.
- *Do the dishes and light a candle in your kitchen
- *Make a cup of tea with your favorite tea cup
- *Watch your pet sleep (seriously, it's so heartwarming)
- *Blast your favorite song and sing it aloud into a hairbrush or stapler (I'm loving this song lately)
- *Bust out your calendar and plan 2 date nights (with your love or with your friends/kids) in the next month
- *Buy a small piece of really good quality dark chocolate and eat it very slowly, savoring every nuance of flavor and feeling
- *Make some art for a wall or corner of your home
- *Grab the top 3 books you've been intending to read and make a beautiful pile of them on your bedside table



This is a
gorgeous day
to go outside
and look at
your phone.