

INTENTIONAL DISCONTINUITY: A SOCIAL MEDIA TRIAL SEPARATION WORKSHOP

THE PLAN

My goal in taking this time off social media is in service of:

(Ideas: my emotional, spiritual or physical well bring; the well being of my community, my need for rest, my long term efforts in relation to the world).

I will NOT be going on or checking social media from (this date to this date):

The IDEAS I will be focusing on during this time are:

Instead of being on social media, the following activities will create a more powerful, fully-formed, satisfying way of living-- a way of living that is far more rewarding and even neutral toward my own existence than the manufactured worry of social media.



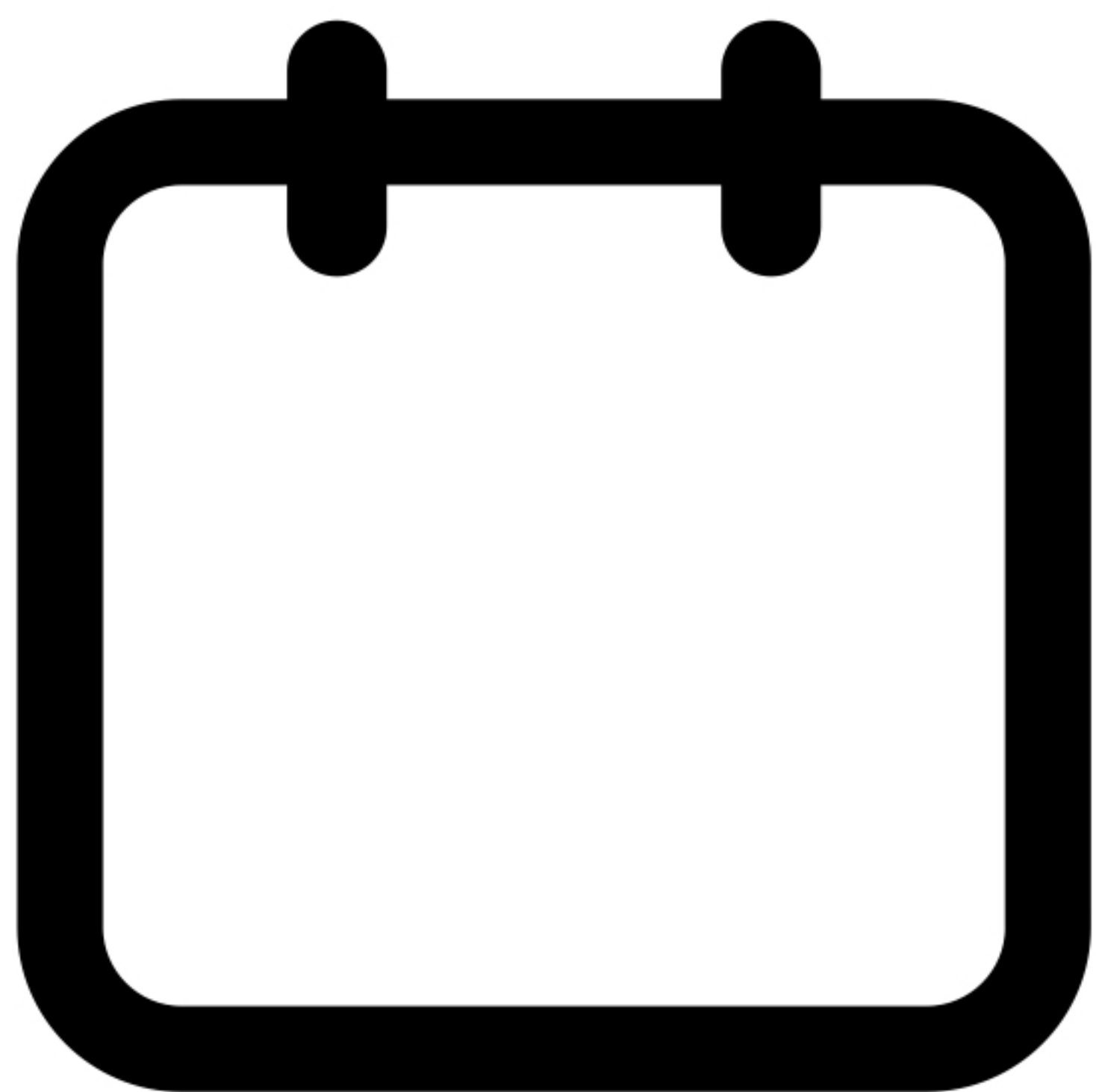
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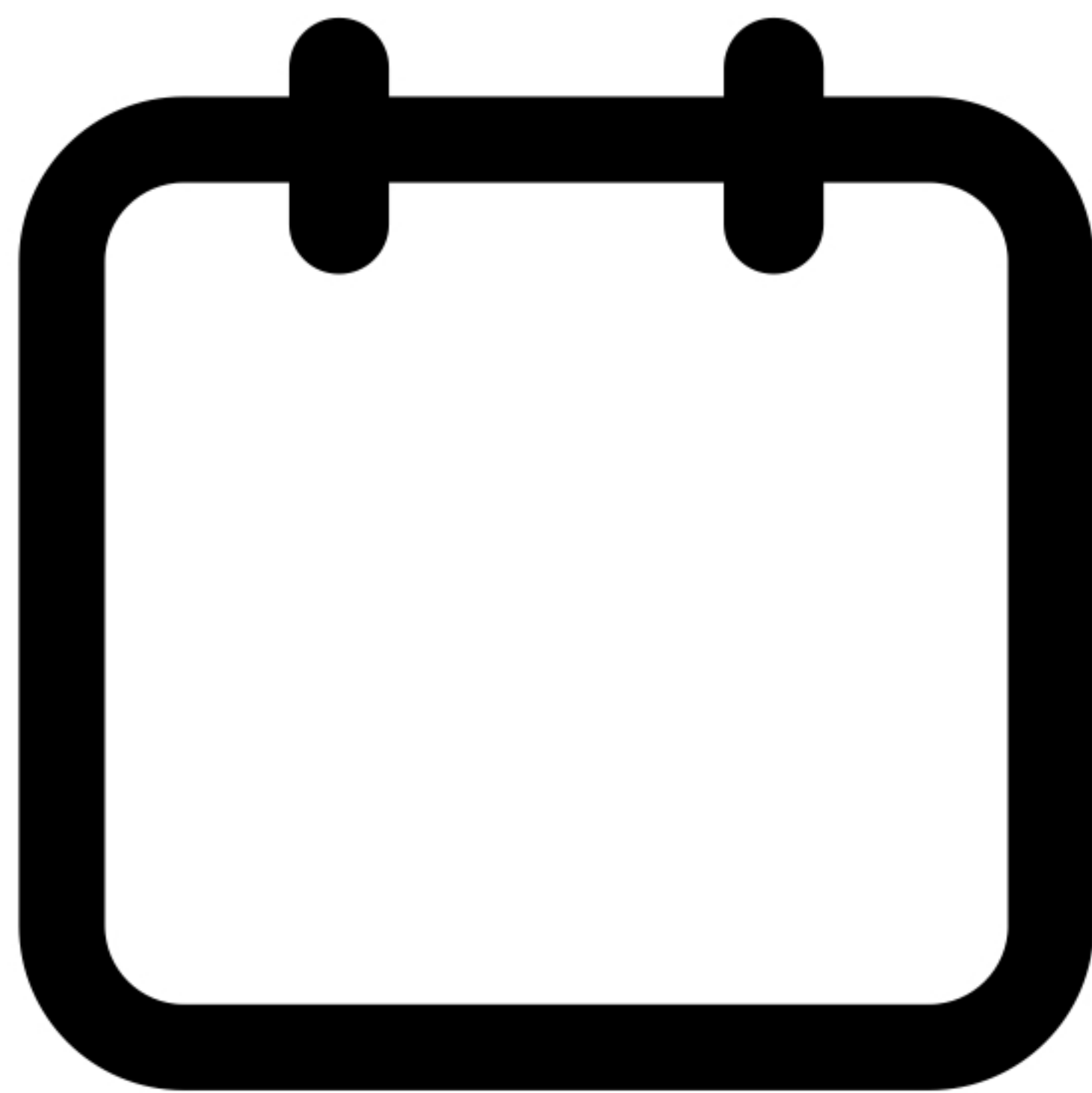
In my time off from social media, I have a vision of myself creating. I might choose to select one activity each day on a whim to occupy time that might have been previously used by social media.

Or I might choose to schedule the activity ahead of time. If I schedule the activity ahead of time, this is the schedule (list activities on whatever day you'd like, and add times and whatever details to support them):

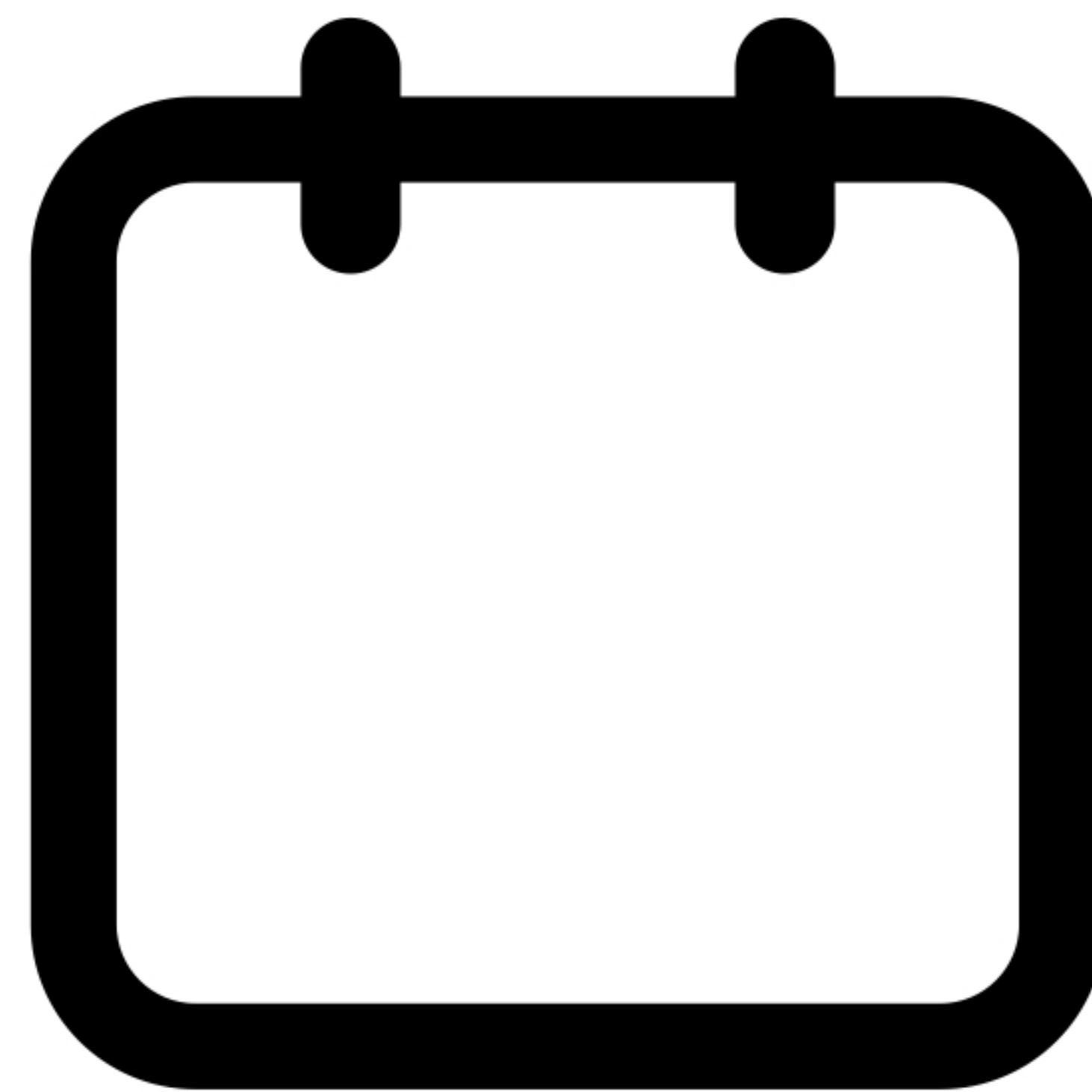
SUNDAY:



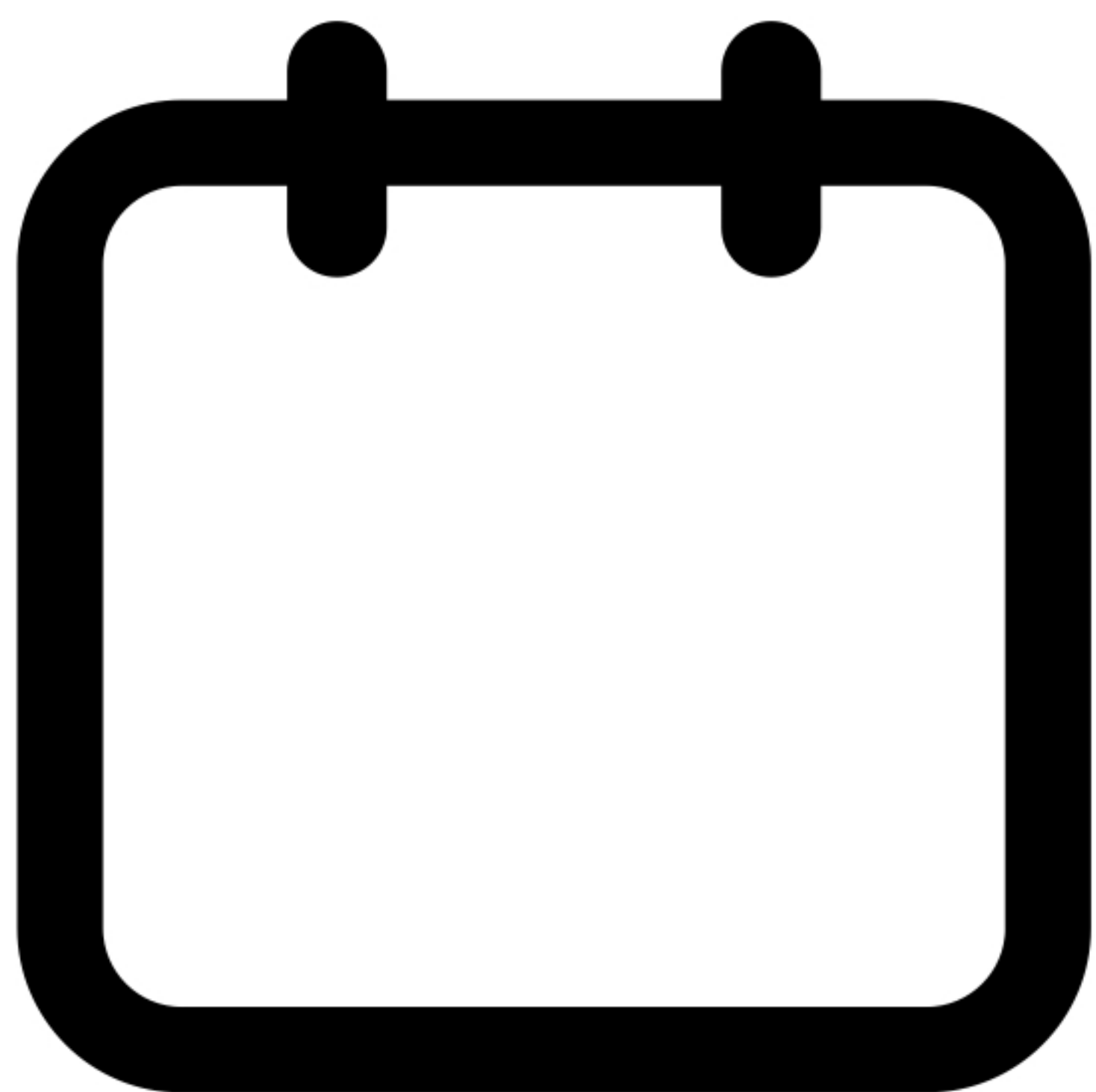
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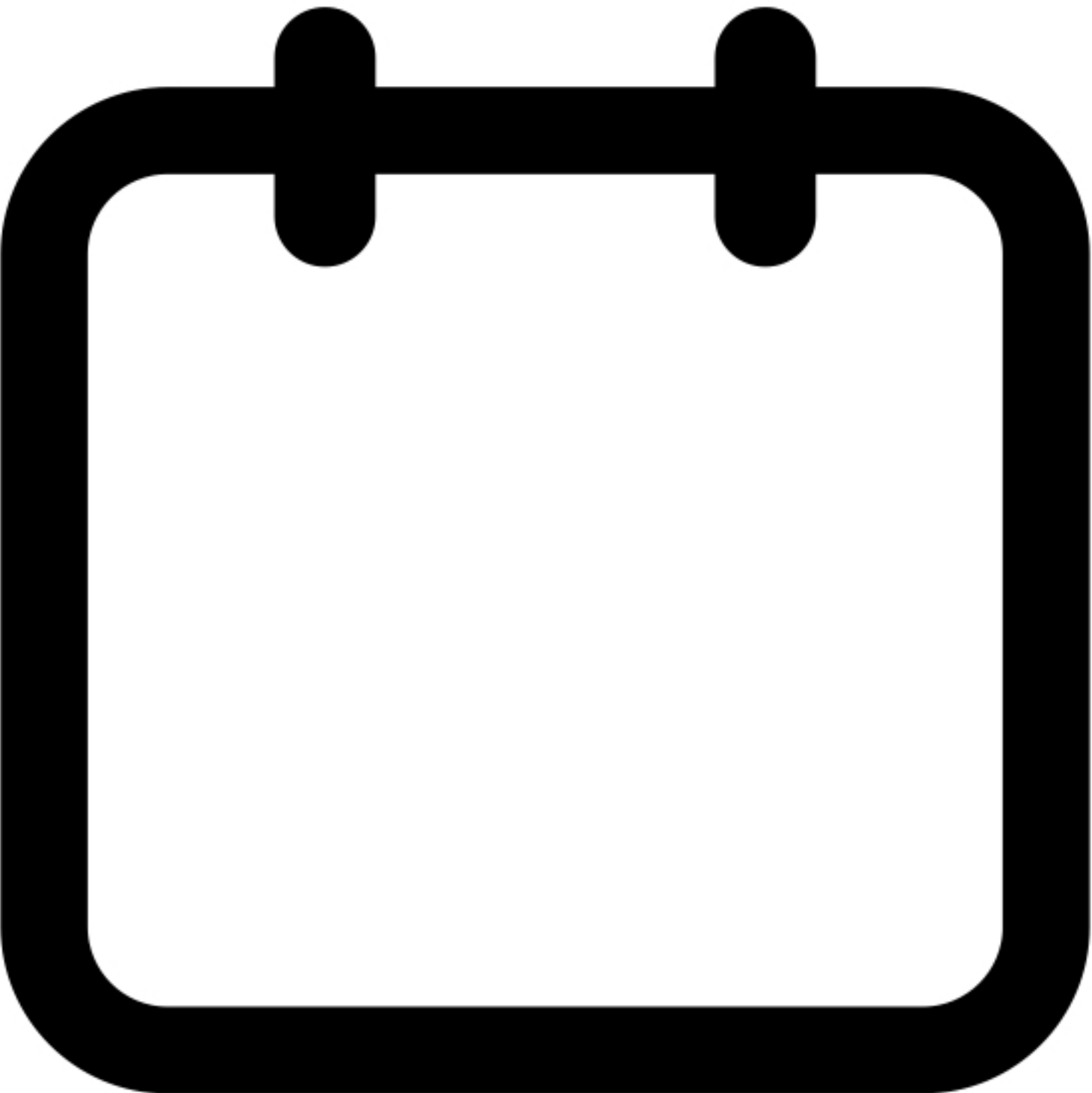
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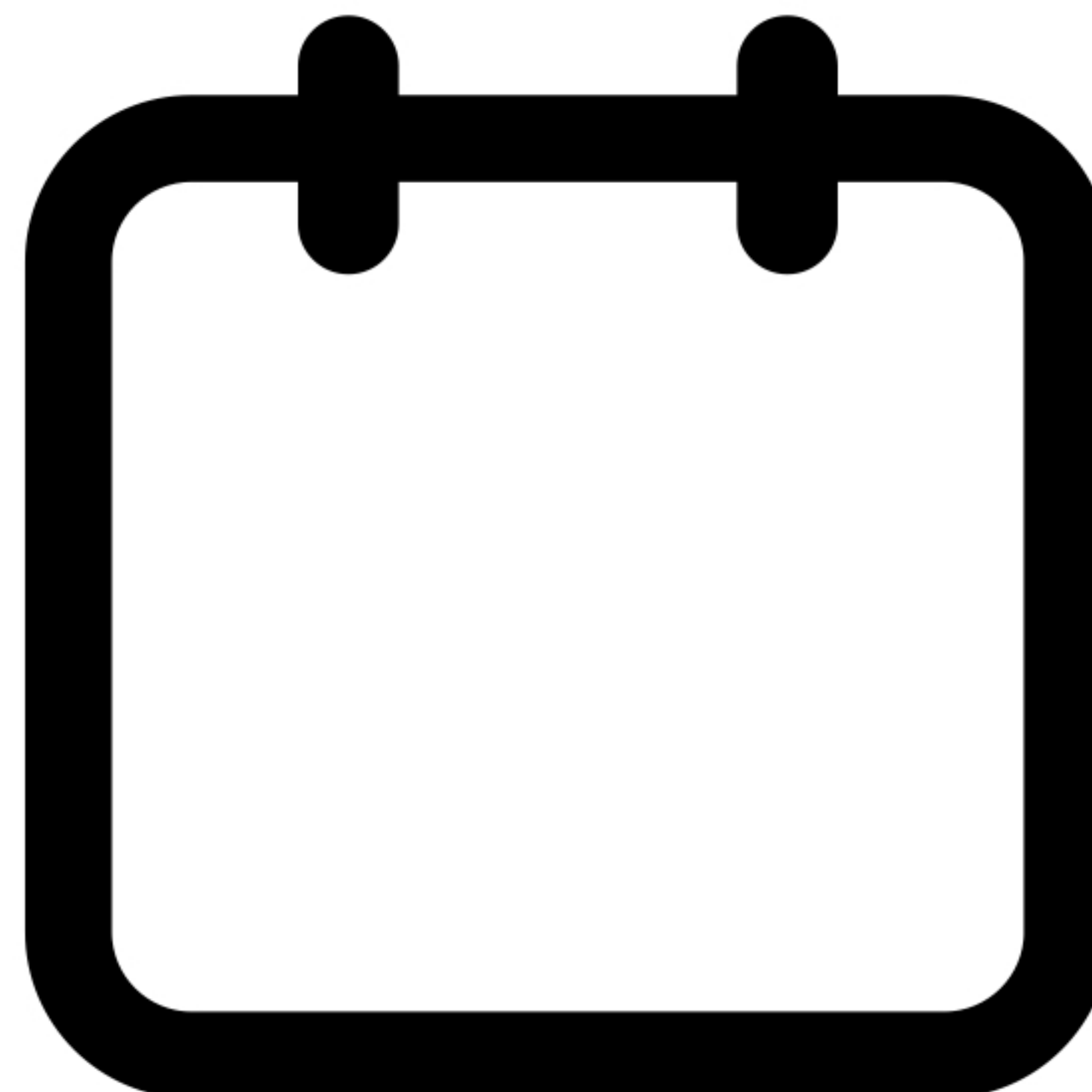
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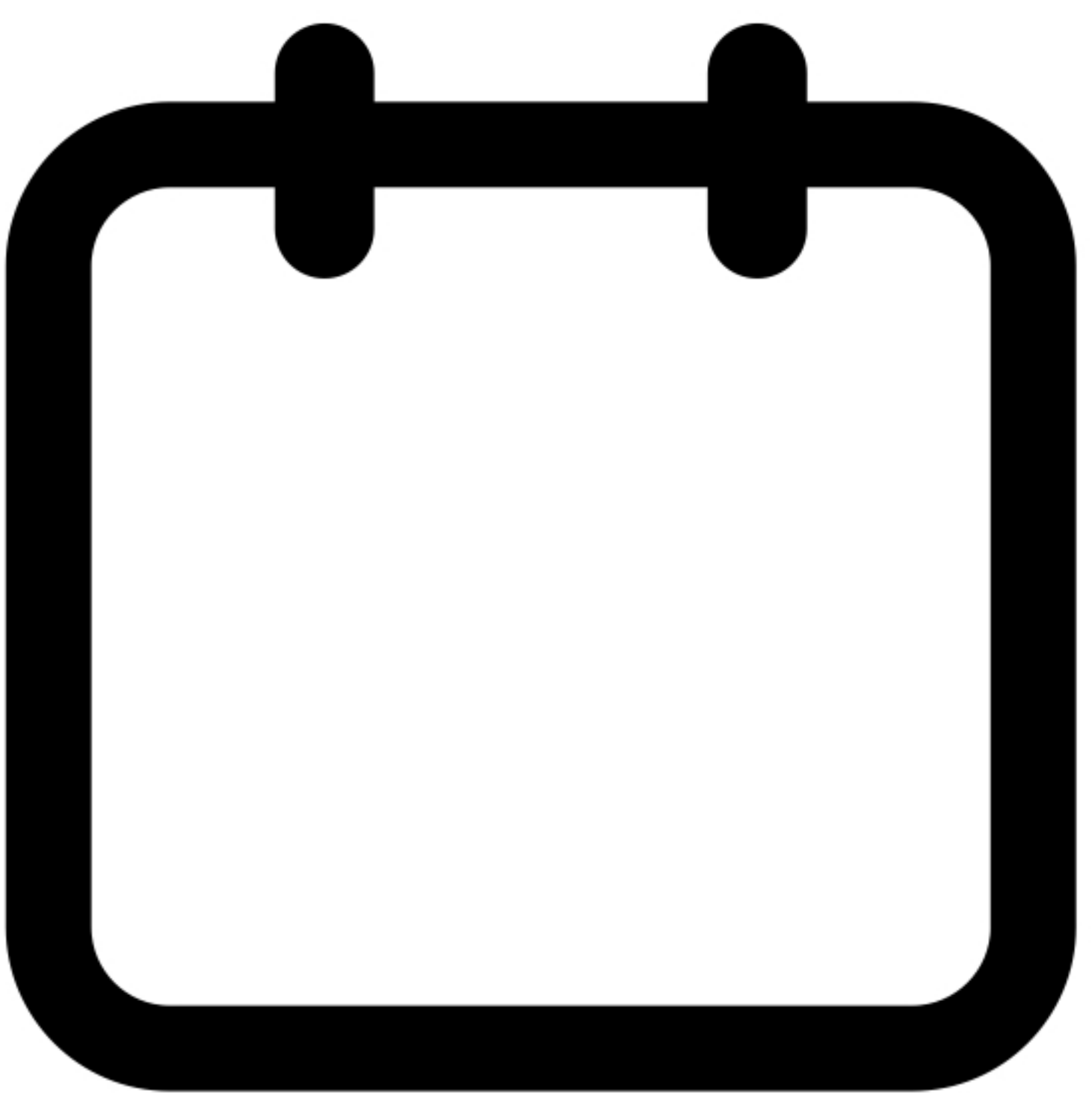
THURSDAY:



FRIDAY:



SATURDAY:



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These are the ways I will prepare for my week off from social media:

This is how I will stay informed when I don't have social media: (examples: pre-arranged group text, roommate or partner support, phone tree, making sure my virtual newspapers are up to date—or I can look into a free subscription through my local library system?)

Here is the main challenge I see in staying off from social media:

And here are three things I can do when that challenge comes up:

