

break their own "addiction".

For most people, social media is just part of communicating. For me, it is also part of my job, so taking this step was terrifying.

But my mind has slowly settled. My anxiety level is subsiding. I am actually reading more articles and not just bookmarking them. Focusing on one task at a time has again become easier. I'm working on more eye contact with my kids. I'm hopeful I will still complete a few more DIY projects this month.

What happens next month isn't clear yet. Honestly, I don't want to start back on social media at all, because it's a slippery slope with absolutely no boundaries. But hopefully I'll end up with healthier social usage habits.

If you struggle with trying to be more organized, it's worth looking at your social media/smartphone/email usage patterns. It's easy to let those things eat up the day, and end up feeling scattered and disorganized.

I do miss seeing my friends who are not in my local area, but I find that email and phone calls are enough.

Really.

We can't do it all.

It's good to set boundaries.

It's liberating not to follow the crowd.

It's amazingly more productive to stay on task.

It's rejuvenating to allow space for new thought patterns to blossom.

If this has inspired you to restructure your time or limit your social media activity, I'd love to hear about it! Please email me.

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