

# 10 Arguments for Deleting Your Social Media Accounts Right Now

by Jaron Lanier

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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**01 Delete One Account Today**

Pick the social media platform that drains you most. Delete the app. Deactivate your account. Notice what happens to your attention and mood over the next week.

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**02 Turn Off All Notifications**

Go into your phone settings and disable every notification except phone calls and texts. Reclaim control over when you check your phone, instead of letting it summon you.

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**03 The 24-Hour Fast**

Choose one day this week to go completely social media-free. From waking to sleeping, no scrolling. Journal what you notice: anxiety? boredom? relief? time?

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**04 Replace the Scroll**

Identify your trigger moments (waiting in line, feeling bored, procrastinating). Create a replacement: a book, a breathing app, a note-taking app. Have it ready before the trigger hits.

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**05 Calculate Your Cost**

Track your social media use for 3 days. Multiply hours used by your hourly rate (or \$50/hour if you're unsure). That's how much you're paying for free services.