

Stop Checking Your Likes

by Susie Moore

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

MON TUE WED THU FRI SAT SUN

⁰¹ **Turn off all non-essential notifications**

Soria: not reduce - turn off. Every notification is a request for attention. Refuse to be notified.

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⁰² **Turn off all social push notifications for 7 days**

Remove interruption-based checking. Keep only direct-message alerts if absolutely necessary.

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⁰³ **Audit your following/followers ratio**

Soria: who do you follow? Do they reflect your values or your envy? Unfollow at least 20 accounts that produce comparison.

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⁰⁴ **Set two fixed metric check windows each day**

No random refreshing. Check once midday and once evening, then close the apps.

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⁰⁵ **Use a pre-post intention line**

Before posting, write one sentence: why am I sharing this if no one likes it?

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⁰⁶ **Replace scrolling with creating**

Soria: every time you reach for your phone to scroll, ask: could I create something instead? Make, don't consume.

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⁰⁷ **Replace the first urge-to-check with a 5-minute action**

Walk, stretch, journal, or message a real friend before opening social apps.

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⁰⁸ **Use airplane mode as a default**

Soria: work sessions without connection. The presence of the internet in your pocket changes your brain, whether you're using it or not.