1. In a perfect world, with no consequences, how often would you check social media and for how long?

2. What would you stop doing? For example, checking first thing in the morning. Checking on your phone while waiting for something. Receiving email notifications of social media updates. Scrolling through your newsfeed without a clear outcome. List all behaviors you will stop.

3. Identify the beliefs supporting the behavior you want to stop.
   a. I can't stop because...

   b. What is the worst thing that would happen if you stopped?

   c. Who wouldn't like it?

   d. What would you lose?

   e. Write out your beliefs:
   If I (stop / don't) _____ , then _____

4. Clear each belief. Hold the hand position shown in the video and repeat the belief out loud continuously for 40 seconds. Repeat for each belief.

5. Clear the emotions. Go through each behavior you listed in item 2. Close your eyes and vividly imagine you make the change and stop the behavior. Notice the physical discomfort in your body and stay present with that feeling as demonstrated in the video until it dissolves. Allow your thoughts to float away while you are focusing on the feeling. Don't try to make the feeling go away. Do this for each behavior you listed.

6. What is the new behavior you will implement?

   For example, I will wait until _____ to check social media (or list specific social media you use). I will only check social media X times a day. List all new behaviors

7. Install the new habit. Follow the instructions on the video to get into program mode. Ask your unconscious mind out loud, "what would it take to _____ (insert new behavior from item 6)? Delete, uncreate and de-story across all time, space, dimensions, and reality." Repeat for each new behavior you want to install.

Focus Tips:
- Schedule your social media time on your calendar.
- Consider installing plugins to limit social media use on your computer.
- **Strict Workflow** is a plugin for the Chrome Browser that allows you to block access to selected sites.
- **Productivity In Focus** is a Chrome Browser plugin that will block your newsfeed on Facebook and ask you if you have time to view it before allowing you to see it.
- Mark Facebook groups you manage or want to actively participate in as "favorites" so you can access them via the Favorites tab quickly.
- Create a Facebook list called "Circle" and just add the people you want to engage with to build business relationships.