

Internet Break (through spring break)

- 1) No Facebook
- 2) No Twitter
- 3) No google reader
- 4) No Ask MeFi or MeFi

Really, no browsing except:

- Links sent to me in email
- Recommended reading from work
- Instapaper things already saved
(No following links from these things
down the rabbit hole)
- Things needed to complete to do items

Alternatives (once homeworks done)

- blue notebook for thoughts I'd tweet
- Read Economist or Instapaper
- Read a book

• Check gmail only once every 2 hours

• Can post to blog once a week if ~~Friday~~ (Thursday)
I have anything to say.

• Can update Goodreads once a week
How?

- Delete bookmarks

- Make sure FB + Twitter don't email me.

- Unsub from reader feeds? Maybe?

- Turn off phone when in class → leave in car?

- Make sure I have reading material
or notepad with me at all times so

I'm not checking net on phone.

- No iPad on campus unless I can stick to instapaper