

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.

MON TUE WED THU FRI SAT SUN

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 Delete the loudest feed first

Remove the app that most reliably leaves you agitated, envious, or fragmented. Do not start with the easiest account; start with the one that trains the worst version of your attention.

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03 Turn off every non-human notification

Badges, buzzes, and algorithmic nudges are the machine's recall system. Leave calls and direct texts on; everything else must earn a manual check.

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04 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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05 Replace the trigger, not just the app

List your three scroll moments - boredom, avoidance, loneliness. Pair each with a replacement: a saved article, a walk route, a notes app, or one person you can contact directly.

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06 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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07 Make one room and one hour platform-free

Pick a physical zone and a daily hour where feeds never enter. The point is to re-teach your brain that every empty moment does not belong to the machine.

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