

*“A man/woman without self-control is like a city broken into and left without walls”  
Proverbs 25:28*

## *Social Media “Office Hours”*

Why are you setting boundaries on your Social Media usage?

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Name:

Weekly Limit:

**Sunday:**

**Monday:**

**Tuesday:**

**Wednesday:**

**Thursday:**

**Friday:**

**Saturday:**

My accountability partner is:

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*Who can benefit from my intentional love & attention?*

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*What activities will bring deep joy & rest to my soul?*

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