



16<sup>th</sup> – 20<sup>th</sup> August 2021

Thank you for signing up and challenging yourself to spend 5 days off social media.

The aim of Switch Off Social is for every brilliant and talented business woman here to Switch Off from the online world for 5 days. You may choose to not post anything at all for those 5 days or you can schedule 1 or 2 posts this weekend in advance, to ensure a 5 day break for you.

In the following pages you'll find daily motivational and positive quotes, tasks to have fun and get you thinking, self care tips and social media content ideas. You can read 1 page a day or read the whole booklet now if you don't like surprises!

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As promised, here's a 'done for you' social media post for you to schedule/post on Sunday or Monday.

" I'm taking part in HER Switch Off Social challenge this week, and spending 5 days offline.

(I have scheduled a few posts in advance but I'm taking a much needed break)

#SwitchOffSocial #HERBusinessRevolution "



Monday 16<sup>th</sup> August 2021

## You didn't come this far to only come this far

**Monday Motivation** - We know how stressful and daunting Mondays can be. Spend some time thinking about before you started your business and how much progress you've made. What's your business journey been? Appreciate all your achievements. Think about before you started your business. Realise and feel grateful/thankful/proud at how far you've come and how much you've achieved.

**Task - Social Media** - Take a short video of yourself talking about the above or write down your thoughts below.

**Mindfulness Monday** – Walk your usual 'you could walk it without thinking' route. Be mindful and present. Use all your senses. What do you notice about this route? Are there things you've never noticed before?

**Self Care Bingo** - Do your children (or you) have a favourite book or series they love to read over and over? Have 30 mins or an hour reading time to sit and read in silence. All in the same room or apart, whichever works best for you. Spend time afterwards talking about the book you're reading and why you love it.

**Plan** time with people. If you currently work from home, plan a 'friend date' once a week.

**Notes:**

Tuesday 17<sup>th</sup> August 2021

## Pay It Forward

**Charity Tuesday** - Help someone else. Do a good deed – donate £ to charity (Our Charity of the year The Haven Wolverhampton or a local good cause), offer to donate your time/volunteer (to a charity or person, for example, an online food delivery for an elderly neighbour who can't travel to the shop/isn't internet savvy), do a random act of kindness and 'pay it forward'.

**Tuesday Thoughts** - Spend time today near to water. Be still. Listen. Watch. What you do notice?

**Task – Social Media** - Spend some time today visualising where you want your business to be in 5 years time and your dream work day. Write it down or record a short video.

**Task - Declutter** - Whether it's your wardrobe and old clothes you no longer wear (which you can give to charity) or your desk or a shelf or drawer. It'll give you a feeling of accomplishment and make you feel calmer in your own space (even if you think you haven't noticed the clutter).

**Notes:**

Wednesday 18<sup>th</sup> August 2021

## You have the same number of hours in a day as Beyonce

Create your empire.

Free up your time.

**Wednesday Wisdom** - Automate. Outsource. Plan. Manage your time.

What does your dream work day look like? What can you do today that would a step, however big or small, towards that?

What can you **automate** in your life or in your business?

**Outsource!** Outsource something in your business or life that's time or energy consuming.

Think you can't afford to outsource? Can you afford the wasted time it takes for you to do it when someone else could do it in half the time and more professionally than you and without second guessing if it's right? You can spend that time working on other tasks in your business or spending time with your family. What to outsource? Social media ideas and posts, admin tasks, accounts, other business tasks! In the same way you 'outsource' certain housework tasks to your children as they get older, outsourcing isn't a scary word. Just think about it in a different way.

Get groceries delivered. Not just a big weekly/monthly shop but with the takeaway apps (Deliveroo, Just Eat etc) you can get a few essential grocery items delivered. If getting food delivered costs you £3 but it takes an hour of your time to do it in person (not counting the petrol costs and general costs involved in running a car), is your hourly rate for work £3? No! So the convenience of getting your groceries delivered outweighs the time. 10 minutes to order it? A few minutes to put it away once it arrives versus an hour to travel to the supermarket, buy everything, travel home, put in away, and then a cup of tea and a sit down to rest afterwards. Roughly 20 minutes total for everything involved in a delivery versus an hour and a half of lost business or family time.

**Plan** meals for the week / weekend in advance. Like Sunday roast every Sunday. You know what to buy, how long it will take to prepare etc in advance. Have certain foods on certain nights even if you only do this once a week. Every Friday is a takeaway. Every Tuesday you have something Italian. Don't wait until you have to cook to decide what to cook! It will free up so much of your thinking time.

**Plan** time alone. Spend that time taking a break. Go to a coffee shop alone and read for an hour or 2. Sit at home and enjoy the peace and quiet during the day!

**Notes:**

Thursday 19<sup>th</sup> August 2021

## Change the journey, not the goal

**Task** - Take a different route. Think differently. Change isn't a bad word! Different isn't a bad word! Change can be good. Walk a different route to your usual 'you could walk it without thinking' route. Be mindful and present. Use all your senses. What do you notice about this route? Are there things you've never noticed before?

**Task** – Enjoy a picnic. Socialise. If the weather is pouring rain, have a picnic on a blanket on the floor in your lounge! Take a photo.

**Self Care Bingo** – Go for a walk in nature. Surround yourself with greenery. Any green space – Your local park or woods. Stop and breathe in. Notice the different colours and textures of the trees. Can you hear or see any animals such as birds or squirrels?

**Notes:**

Friday 20<sup>th</sup> August 2021

Don't give up on a dream because of how long it will take to achieve.

The time will pass anyway

Use your time wisely. Make time for fun. Make memories.

**Friday Fun / Flashback Friday** – Flashback to your childhood. Do something you enjoyed as a child with your children or your adult friends. What was your favourite book? Tv show or film? Music? Food? Hobby? Memorable day out? Go to the seaside and have icecream, ride on a carousel, fly a kite, make sandcastles, hire a bike and go for a bike ride, climb a tree, go down a slide...

**Task - Social Media** - Take a photo or short video of yourself talking about or enjoying one of the above.

**Notes:**

# Self care bingo

Can you all get a full house? 😊

Spend time in nature

Read

Declutter

Spend time alone

Have fun

Spend time with friends

Be mindful

Spend time near water

Visual your dreams

**We hope you've had a lovely calm week offline... Now for next week!**

**Yes there's another page...**

Not only have you had a week Switched Off from Social Media, you've also created all your content for next week already! Yes really!

Please tag @HERBusinessRevolution in all posts and use the hashtags #herbusinessrevolution #superwoman and #SwitchOffSocial in all posts so we can share them (and help promote you, your social media channels and your business!).

**Monday 23<sup>rd</sup> August** – Post the video or your words from Monday's task.  
#MondayMotivation

What's your business journey been? #mybusinessstory #mybusinessjourney

**Tuesday 24<sup>th</sup> August** – Post a ShoutOut to The Haven Wolverhampton or your favourite charity/good cause close to your heart #TuesdayThoughts  
#CharityTuesday

**Wednesday 25<sup>th</sup> August** – Post a video or photo about outsourcing, planning, your quiet time enjoying a coffee, your meal plans! Anything you want 😊  
#WednesdayWisdom #MeTime

**Thursday 26<sup>th</sup> August** – Picnic time! August is National Sandwich Month. We'd love to see your picnic photos! (Or your nature walk photos 😊 )

**Friday 27<sup>th</sup> August** is World Rock Paper Scissors Day! Which is perfect for a day of childhood fun. Post a video or photo of you doing something you enjoyed as a child  
#FridayFun #FamilyFunMonth #FlashbackFriday

**Notes:**