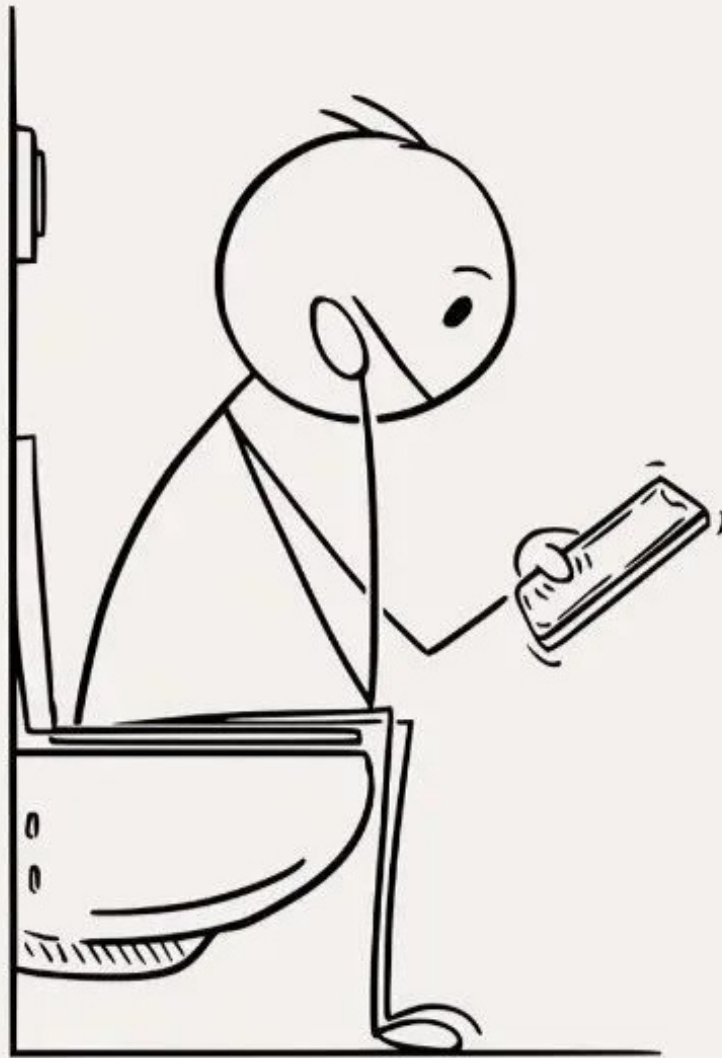
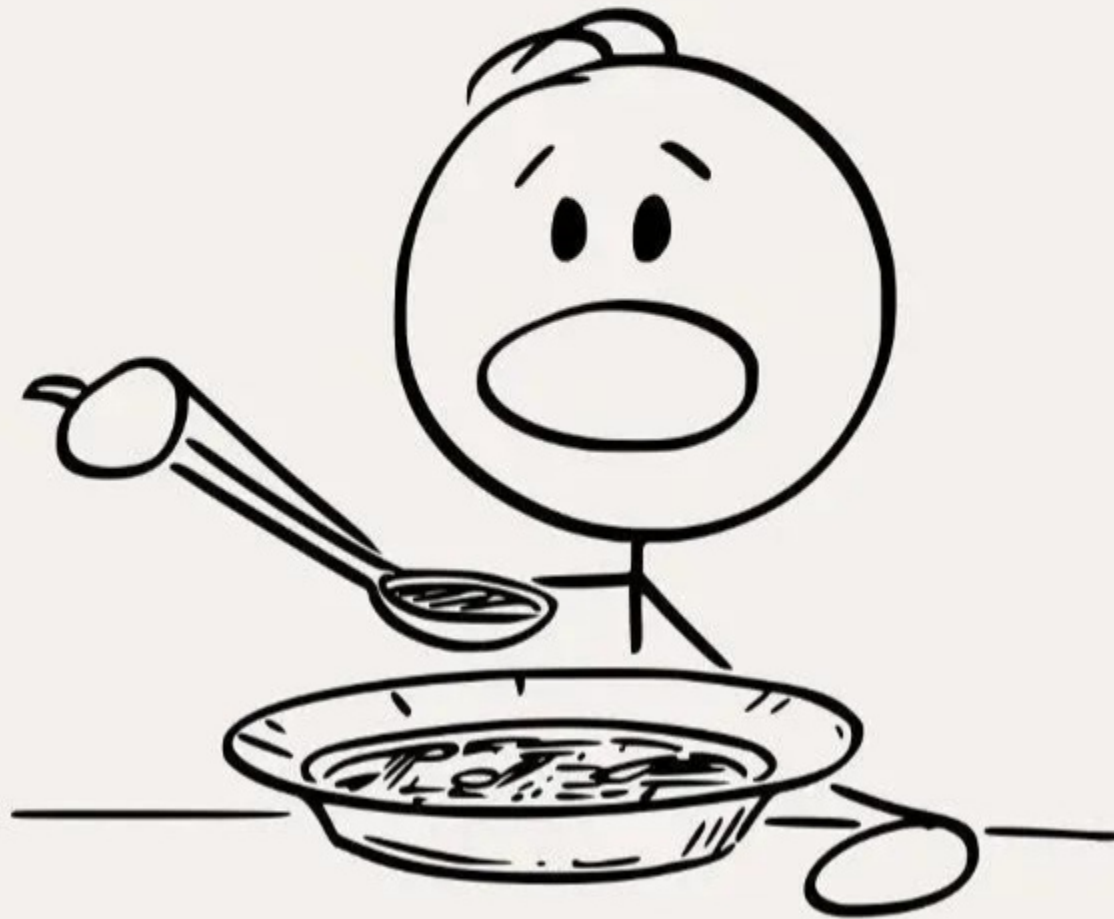


Stop taking your phone to the bathroom...



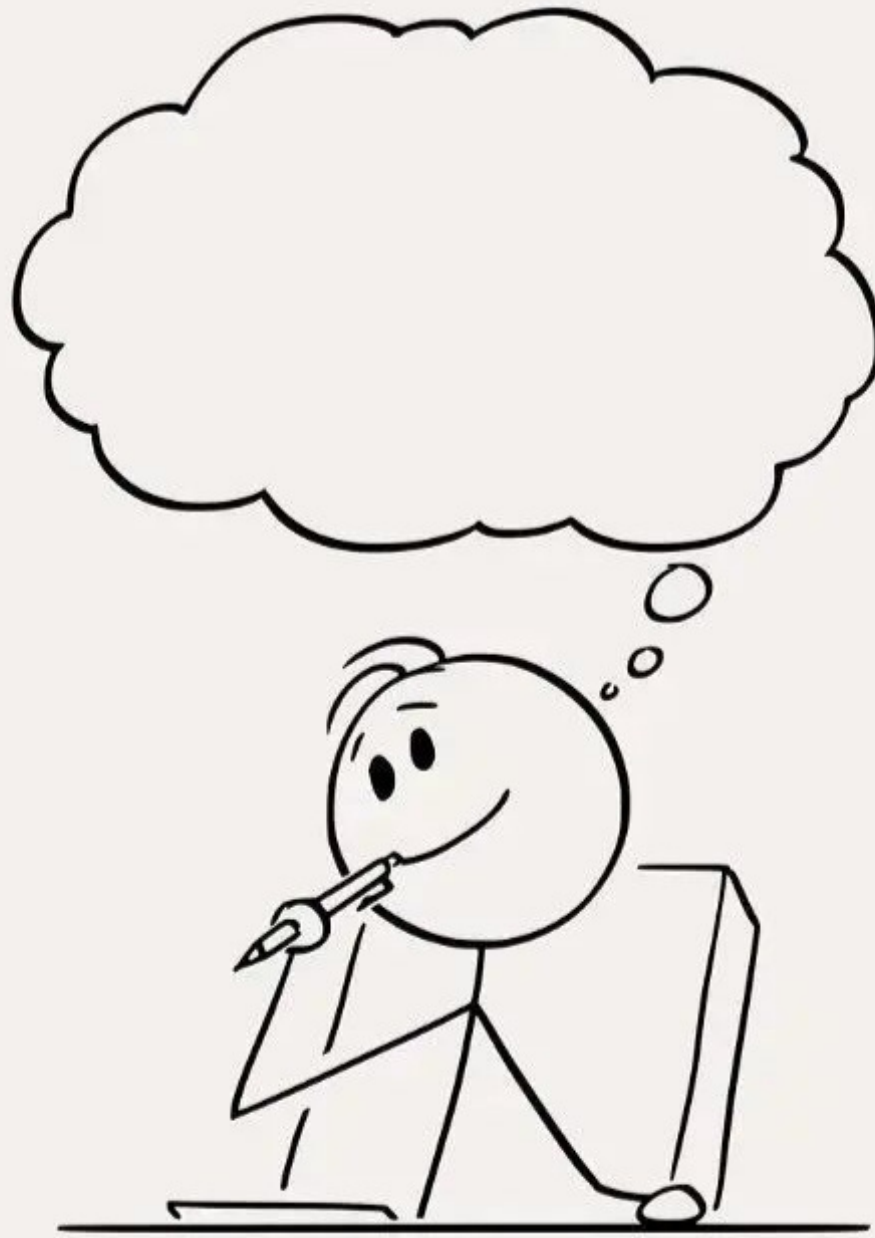
**Stop using your phone while
you eat..**



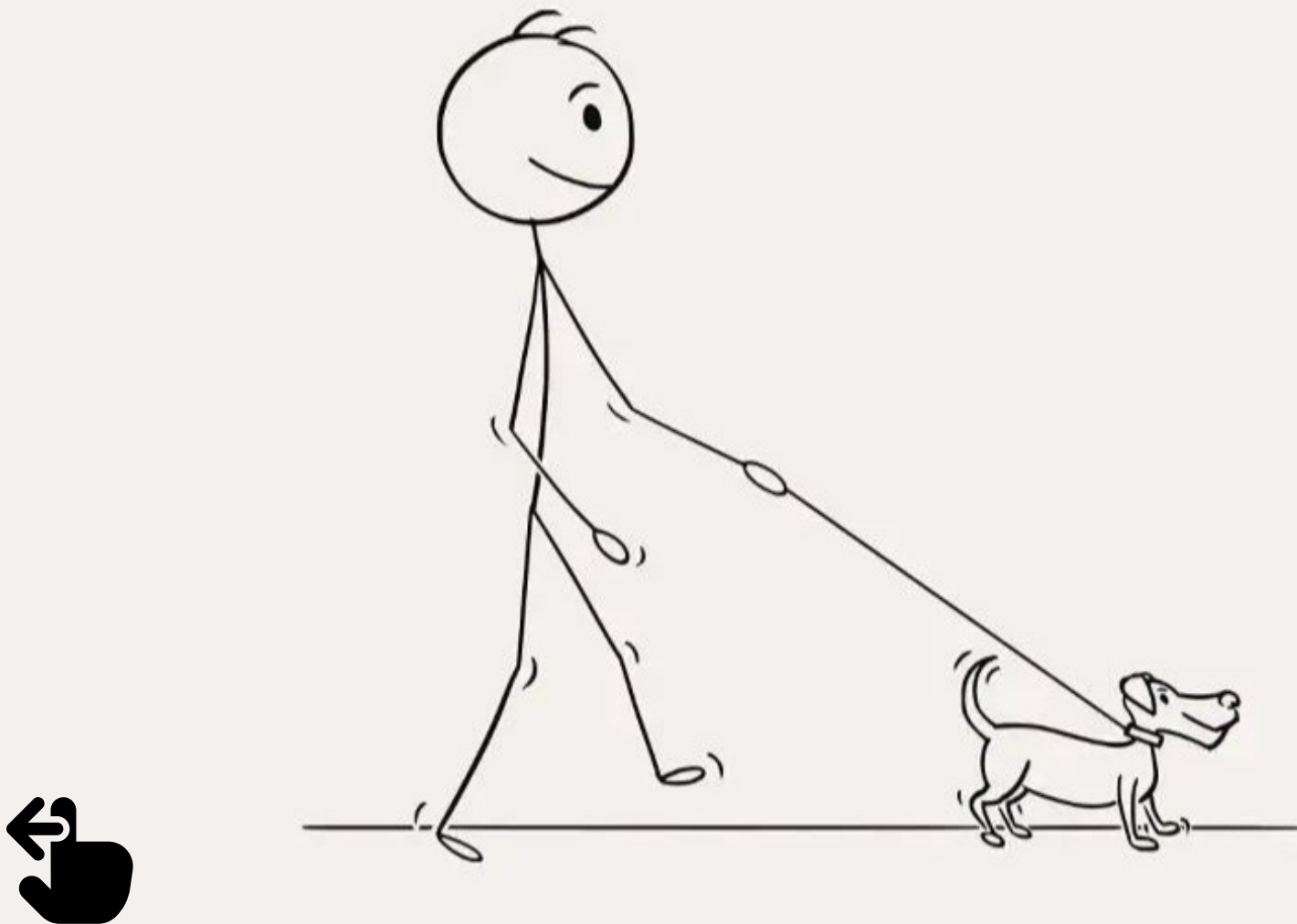
**Stop taking your phone out
when you have a minute
or two of downtime...**



**Allow yourself
to be bored for a little...**



**In our world full of distractions,
create some space for
nothingness.**





Naveen Jangra
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Did you like this??

**Let me know in the
comments!!**

