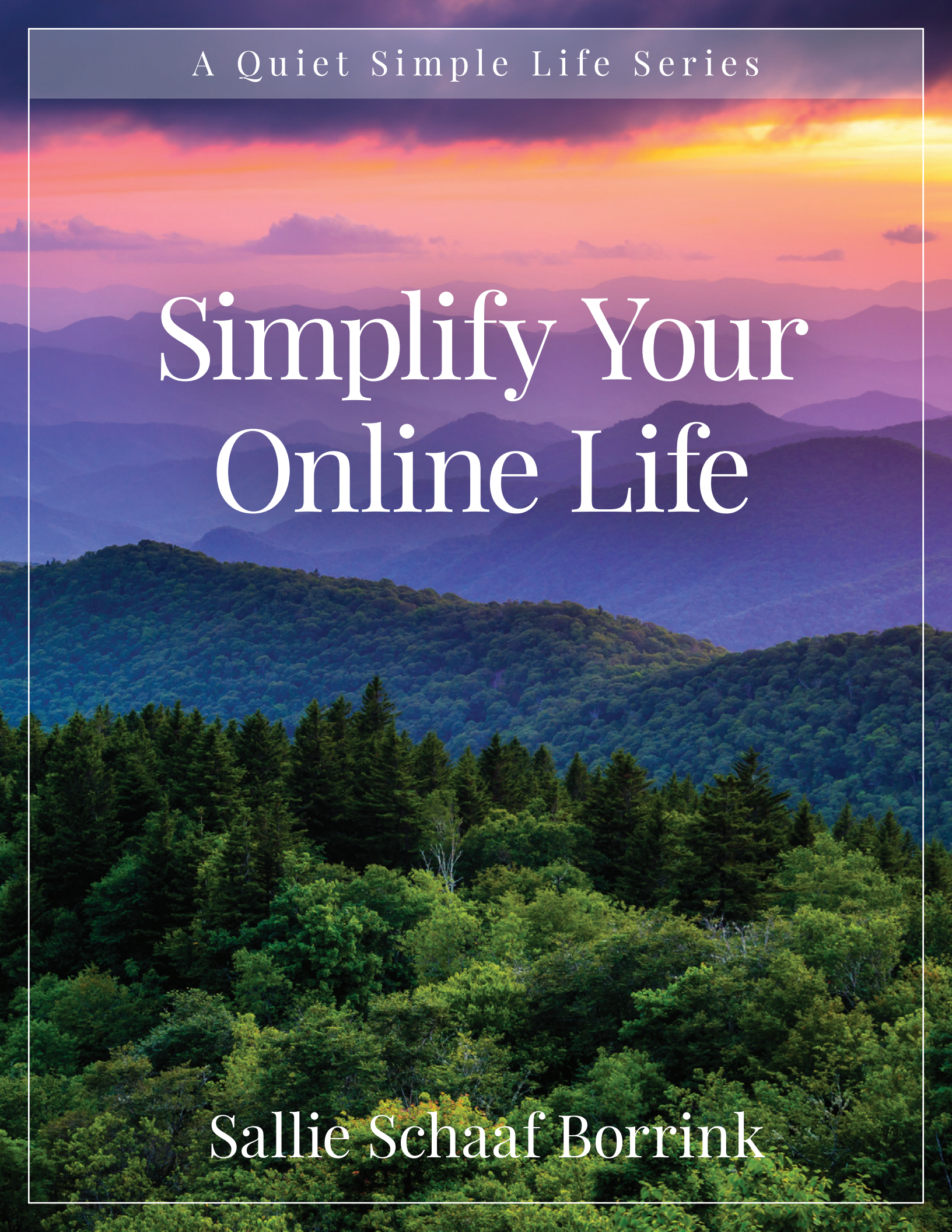
A Quiet Simple Life Series

Simplify Your Online Life



Sallie Schaaf Borrink



Thank You!

Thank you for purchasing this product. I hope it will be of great help in your efforts to be more prudent and prepared.

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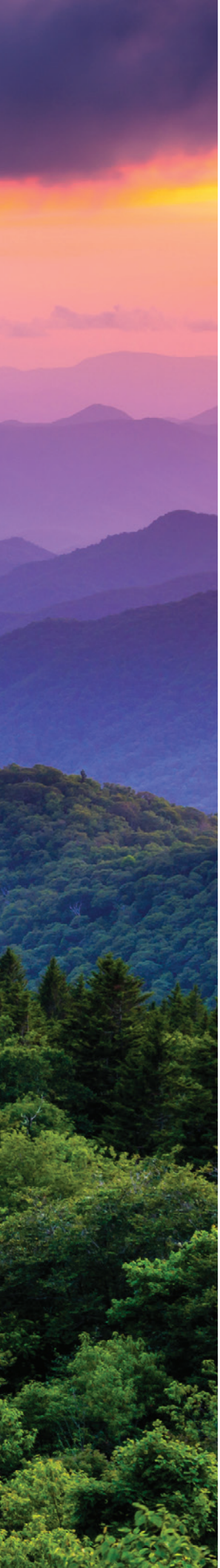
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Simplify Your Online Life

I think the internet is one of the greatest inventions ever. Truly. It has profoundly impacted my life for good in so many ways. I met my husband online. I work online. He works online. I have found parenting and homeschooling support online. I've made friends from all over the world. Caroline loves playing games online with other kids. So I am thankful for the internet and how it gives so much to me and my family.

Does It Serve You or the Other Way Around?

But I must always remember to view the internet as a tool that serves me and not the other way around. It can be an important part of my life, but I can't allow it to control my life.

If you are a reader of my blog, then you may have seen my posts about quitting Facebook. When it reached the point that I felt like I was a slave to Facebook and it was negatively impacting my life in multiple ways, it had to go. I still freely use the web, search engines, YouTube, and Pinterest. I'm not a Luddite. But I make sure that my internet and social media usage serves me and my needs.

I also don't have my email on my phone. Actually, I don't have much on my phone at all. It's primarily a phone and that's intentional. I don't want to be using it all the time. I do have the Pinterest app installed and will use that when I'm waiting somewhere, but that's about it. I like having a smart phone, but it's something I only use occasionally beyond making a phone call.

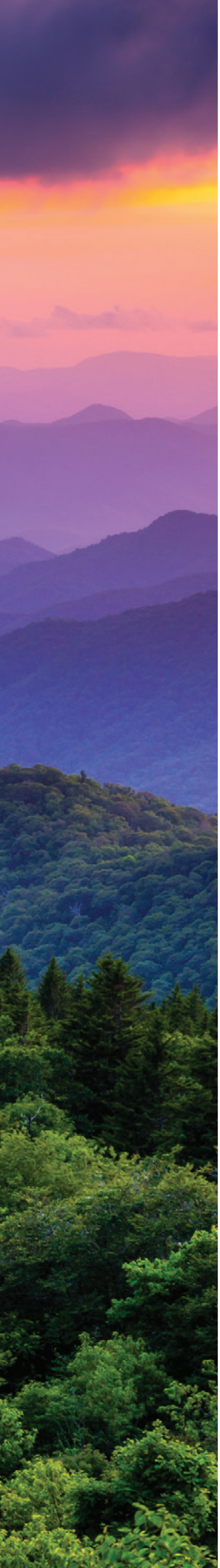
The internet and social media can be effective tools for helping us create a cozy life or they can be a huge detriment. It requires us to be intentional and thoughtful to make sure these fantastic tools are serving us in the best ways.

Evaluating Internet and Social Media Use

How are you doing with the internet and your social media usage? Is it a valuable tool you use wisely that serves you? Are you a slave to it? Something inbetween?

In *Simplify Your Online Life*, you can assess how you are doing with your internet and social media activities. Spend some time reflecting on the following page and answering the questions.

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Simplify Your Online Life

How is the internet a valuable part of your daily life? What specific needs does it meet?

How does the internet cause problems for you in creating a cozy life of peace, understanding, and joy for you and your loved ones?

How is social media valuable in your daily life? What specific needs does it meet?

How does social media cause problems for you in creating a cozy life of peace, understanding, and joy for you and your loved ones?

Be totally honest with yourself. Do you spend too much time involved with online activities? Which online activities are a problem for you? Why do you think that is?

If you cut back on one aspect of your online life, how much time might you gain and where could you devote that time to creating a cozy life of peace, understanding, and joy?

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