

The 30-Day Unfollow

From **Unfollowed** by Remy Hale. One small move a day — most take minutes, none require posting, quitting, or announcing anything. Nobody has to know you're running it. Miss a day? Do the next one — no starting over, no failure. Check the box. Aim for *most*, not perfect.

WEEK 1 See the Machine

- ☐ **Day 1** – Spot the sell: what's for sale next to the bad feeling?
- ☐ **Day 2** – Spot two more — build the reflex
- ☐ **Day 3** – Scoreboard fast: hide like counts, no checking for 24 hours
- ☐ **Day 4** – Before anything you post: "who is this for?"
- ☐ **Day 5** – Every photo-flinch gets the mirror fact: that's the flip
- ☐ **Day 6** – Start the unfiltered week; bury one face-editing app
- ☐ **Day 7** – Check-in: what did you catch the machine doing?

WEEK 2 Drop the Act

- ☐ **Day 8** – One good thing, kept — no post, no story
- ☐ **Day 9** – The memory test: you're someone else's everyone else
- ☐ **Day 10** – First spotlight test: forecast, do it, log the actual
- ☐ **Day 11** – Open the evidence file — seed it with 3 past hard things
- ☐ **Day 12** – Say one doubt out loud to one safe person
- ☐ **Day 13** – Second spotlight test — a 4 out of 10 this time
- ☐ **Day 14** – Check-in: forecast vs. actual — what's the pattern?

WEEK 3 Build the Base

- ☐ **Day 15** – Contingency audit: "I feel worth less when ____" three times
- ☐ **Day 16** – Starve one contingency — a day without checking that price
- ☐ **Day 17** – One scared rep (a 3, not a 9) — straight into the file
- ☐ **Day 18** – Catch one harsh mirror-sentence; rewrite it friend-style
- ☐ **Day 19** – Your person + your numbers; save 988 as a contact
- ☐ **Day 20** – One scared rep, again — rep, receipt
- ☐ **Day 21** – Check-in: read the evidence file start to finish

WEEK 4 Own the Verdict

- ☐ **Day 22** – One unedited bid with one chosen person
- ☐ **Day 23** – The three questions, blurted; circle the darkest ink
- ☐ **Day 24** – Give the circled thing one unposted hour
- ☐ **Day 25** – Second bid — they're auditioning for the five seats
- ☐ **Day 26** – Another good thing, kept — less weird this time?
- ☐ **Day 27** – Full-stack day: fast + unfiltered + spot-the-sell
- ☐ **Day 28** – Tell one person one true thing about this month
- ☐ **Day 29** – Choose what stays, in writing
- ☐ **Day 30** – First monthly mirror check-in — repeat monthly, forever

If the mirror stuff runs deeper than a challenge — food or exercise rules running your days, a flaw only you can see, a heaviness that won't lift — tell one adult, and call or text **988** or text **HOME** to **741741** — free, confidential, 24/7. Reaching out is the strongest move on this page.