**July 2020 Mini Challenge – Good Reception**

*No television.*

The “Good Reception” Mini Challenge invites you to limit TV watching and instead tune into yourself for the next 31 days. For the full experience, turn off your TV for 31 consecutive days. If that’s too extreme for you, limit your TV view to a single program, a certain length of time, or only on weekends. Remember, this is a challenge! You’ll find plenty of free time on your hands – fill it with something you’ve wanted to do for a long time.

Excessive TV watching can lead to obesity, social exclusion, and sleeping difficulties. TV provides an escape from reality to enjoy a fantasy world that’s free from problems. Letting go of this TV “fix” may not be easy at first, but once you find something valuable to do in it’s place, you’ll wonder why you ever spent so much time watching TV before!

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