

Digital Diaries

intro: let's do a mid-year reset! 49c7b98dce the attention economy 49c7b98dce keep a media journal (for critical thought/anti-brainrot) 49c7b98dce mass media consumption 49c7b98dce mass media consumption is rotting ur brain babe, here's how to slow down - mass media consumption is rotting ur brain babe, here's how to slow down 8 minutes, 47 seconds - Links! Shop My Stationery: *some links are affiliate links* <https://shopmy.us/shop/collections/974573> Substack with printable ... 49c7b98dce the design plans! (w/ easy etsy build bases) 49c7b98dce de-influencing you from keeping a reading journal 49c7b98dce intro 49c7b98dce How To Lock In For The End Of The Year (*even if you've never locked in a day of your life) - How To Lock In For The End Of The Year (*even if you've never locked in a day of your life) 11 minutes, 20 seconds - links: substack - <https://miasdigitaldiary.substack.com/> second channel - @FeralCrowGirl tiktok ... 49c7b98dce being a chaotic creative 49c7b98dce tip 1: face outwards 49c7b98dce Subtitles and closed captions 49c7b98dce making decorations (bookshelf signs \u0026 storage furniture) 49c7b98dce tip 3: writing is thinking! 49c7b98dce intro 49c7b98dce my take on the trend as a hobby creator 49c7b98dce hobby 4: for getting into the world - hiking 49c7b98dce experiment 2: be more curious!! - keeping a commonplace book 49c7b98dce experiment 1: anti-brainrot - being my own algorithm 49c7b98dce hobby 1: for intellectual stimulation - reading 49c7b98dce hobby 3: alt option - journaling 49c7b98dce recap of my year of experiments 49c7b98dce Digital Diaries ep002 : 041 stance | second semester | Mcimbi - Digital Diaries ep002 : 041 stance | second semester | Mcimbi 28 minutes - fyp #southafricanyoutuber. 49c7b98dce 52:41 - my everyday supplies tour! 49c7b98dce tip for inconsistent journalers: collection pages 49c7b98dce you're not dumb, you're overstimulated - here's how to decompress (beat brainrot! start journaling!) - you're not dumb, you're overstimulated - here's how to decompress (beat brainrot! start journaling!) 52 minutes - FlexiSpot can help you upgrade your setup - use my code "YTE730" to get EXTRA \$30 off on the E7 and E7 Pro standing desk ... 49c7b98dce so... is this creative passion potential?? 49c7b98dce intro 49c7b98dce the plan :) 49c7b98dce step 4: some life admin 49c7b98dce making faux stained glass windows 49c7b98dce ens**ification 49c7b98dce experiment 3: hobbies with benefits - crafting for cognitive benefits! 49c7b98dce what is a thinking book? 49c7b98dce the problem: you have ideas but lack execution 49c7b98dce before \u0026 after! 49c7b98dce welcome to my creative passion series p2! 49c7b98dce adding a light!!! 49c7b98dce tips to master the buy in with a new hobby 49c7b98dce if i had a rampant screen addiction \u0026 a 'boring' life, here's where i'd start... - if i had a rampant screen addiction \u0026 a 'boring' life, here's where i'd start... 17 minutes - The first 500 people to use my link in the description or scan the QR code will receive a one month free trial of Skillshare! 49c7b98dce I Fear Overwhelm Is Killing Your Ideas (so try a thinking book \u0026 get executing them!) - I Fear Overwhelm Is Killing Your Ideas (so try a thinking book \u0026 get executing them!) 7 minutes, 8 seconds - links: second channel @FeralCrowGirl tiktok - <https://www.tiktok.com/@miasdigitallife> substack ... 49c7b98dce tip 2: journals are a tool not a test 49c7b98dce to conclude 49c7b98dce step 2: goal setting \u0026 recalibration 49c7b98dce the throughline hobby: socialising! 49c7b98dce experiment 4: journal system for mindful consumption 49c7b98dce Playback 49c7b98dce How To Create Your Personal Curriculum! *on easy mode - anti-brain rot tiktok trend - How To Create Your Personal Curriculum! *on easy mode - anti-brain rot tiktok trend 8 minutes, 31 seconds - video details :) find me at: <https://www.tiktok.com/@miasdigitallife> <https://www.instagram.com/miasdigitallife/> if you want to shop ... 49c7b98dce diy mini books 49c7b98dce 07:08 - how to start a thinking book 49c7b98dce Keyboard shortcuts 49c7b98dce I Spent 3 Months Being Curious Instead Of Scrolling (Here's What Changed) // EXPERIMENT COMPILATION - I Spent 3 Months Being Curious Instead Of Scrolling (Here's What Changed) // EXPERIMENT COMPILATION 1 hour, 11 minutes - links: substack - <https://miasdigitaldiary.substack.com/> tiktok - <https://www.tiktok.com/@miasdigitallife> second channel ... 49c7b98dce Failed At Journaling? Try This. - Failed At Journaling? Try This. 8 minutes, 11 seconds - Links: Substack - <https://miasdigitaldiary.substack.com/> Tiktok - <https://www.tiktok.com/@miasdigitallife> Pinterest ... 49c7b98dce 42:43 - to conclude (with tips) 49c7b98dce building a bay window 49c7b98dce General 49c7b98dce intro to my quarterly self improvement update! 49c7b98dce keep a commonplace book (be more curious!!) 49c7b98dce Search filters 49c7b98dce skip goals, set experiments: gentle ATTAINABLE self-improvement 49c7b98dce I turned my goals into a PHYSICAL tracker (my TBR is a mini library!) - I turned my goals into a PHYSICAL tracker (my TBR is a mini library!) 12 minutes, 57 seconds - Thank you to xTool for sponsoring this video! If you want to upgrade your crafting, use code XTKOLMIA30 for a cheeky discount! 49c7b98dce my goals for this mini library 49c7b98dce export your thinking/think on paper 49c7b98dce hobby 2: for creativity \u0026 play - diys 49c7b98dce back to goal setting! 49c7b98dce step1: reflecting on the first 6 months of the year 49c7b98dce common talking points in the discourse 49c7b98dce this is a type-b safe space!! 49c7b98dce tips for people who FAILED at journaling 49c7b98dce making the booknook insert 49c7b98dce nostalgia marketing 49c7b98dce 17:33 - long term vs short term rewards 49c7b98dce upgrading my setup with learning prompts 49c7b98dce what do you enjoy? 49c7b98dce step 3: putting concrete plans in place 49c7b98dce tech pessimism 49c7b98dce 08:47 - to conclude 49c7b98dce the journal that changed my life!! 49c7b98dce so we're collectively yearning for offline...online? (of course we are) - analog trend deepdive - so we're collectively yearning for offline...online? (of course we are) - analog trend deepdive 42 minutes - links: substack - <https://miasdigitaldiary.substack.com/> tiktok - <https://www.tiktok.com/@miasdigitallife> Shop anything mentioned in ... 49c7b98dce what is the analogue trend? 49c7b98dce how i use my media journal 49c7b98dce overwhelm 49c7b98dce hobbies CAN be a fix for screentime.. BUT 49c7b98dce why is the analogue trend? 49c7b98dce Spherical Videos 49c7b98dce how journaling changed my life (and my brain) 49c7b98dce

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