**I Don’t Have Time To Read. Don’t I Really?**

I sometimes complain that I don’t have enough free time for reading, practising piano, exercising and taking a walk because of my homework, which takes hours, and also exams requiring studying. But my phone is more rational than me that it shows me the fact that I have at least one hour for reading at the weekend! Now our mobile phones can tell us how much time we spent with which application every day. When I took a look at my daily reports, I recognised that I spent totally nearly one hour and twenty minutes on Instagram during the last weekend including Friday. And I think it’s surprisingly too much, especially for me. How could it be possible? Actually I don’t have a great time surfing on Instagram and I don’t even post anything. I feel much more happy and satisfied when I read my book or go walking. So why do I waste this time, which cannot be ignored, with social media and try to find the time for reading?

When I watched a documentary about how social media keeps us in front of the screen for hours, I could understand why people cannot leave their phones. First of all, it is very easy to take a look at social media, because our phones are always with us in our bags or pockets and you just need to take it in your hand and then you can look at it anywhere. I mean anywhere indeed: at home, in the subway, at school, in a restaurant, in the street… When you are bored it is easier to take your phone and just to look at it without any physical or intellectual effort than to use your body or mind by reading a book or doing sport. And as expected, your brain always chooses the easier, if you don’t really think of what you want to do or if it is the best option to spend your free time.

Secondly, when you decide to check your social media, you think that you would just glance at it for a short while, but it never lasts short. And even, you think it has been not too much time since you started to look at it, but when you look at the clock you sadly see the truth. This takes your time too much and causes you to retard your important duties. Then you regret what you’ve done. But why does it happen each time? Because it literally knows what you like and what you dislike. It collects your data, which consider which posts you like or dislike, which profiles you visit the most, which pictures you look at the longest etc. Then it brings you the things you could like at first. It always tries to find posts that could interest you. For instance, when you once search something about the series you watch, it offers you many other posts about the series. If you watch cooking videos, then it shows you lots of cooking videos. It always tries to take your interest and keep you on watching. And by this way, it is mostly very successful.

The other reason why you check your social media is that you perceive it as a need. Because people share lots of posts every day and you wonder what happened that day and you want to know what’s going on. So you take your phone and let it show you anything you wonder.

Even if social media is really powerful, you can choose what you really want to do. I asked myself: Do I really want to waste my time poorly or do I want to do something meaningful. The answer was easy. So I decided to read my books at the time I would look at my Instagram. It was one hour and twenty minutes in three days, so I rounded it to one and a half hours. It makes half an hour a day. I already read at the weekends so I decided to read one hour a day. Briefly, I am going to read one hour a day for three days instead of using Instagram in these three days. Afterwards, I am going to write my experiences and feelings. Today is Friday so I will have the first session. Who knows, perhaps I will not use Instagram during these three days, if I decide that I feel better this way.

**Day 1: Friday**

On Friday evening, I entered my room with my cat, closed the door, set the clock for one hour and read my book. I was feeling at ease, because I knew that it was the time I would have been wasting, if I hadn’t thought of this challenge. Happily I read my book and didn’t even want to look at Instagram. It was a quality time.

**Day 2: Saturday**

On Saturday I had a lot of things to do. But if I hadn’t wanted to challenge myself, I would have probably checked my Instagram without thinking and wasted a lot of time. I completed my tasks and prepared myself for reading. It was again a very good time. I believe I had a productive day.

**Day 3: Sunday**

On the last day of my tiny challenge I didn’t want to look at Instagram, even if my hand automatically tried to open it. When that happened, I quickly thought of how much time it would take and left my phone immediately. I think I have increased my awareness and I believe that I will think twice before I take my phone in my hands to surf theinternet. I also realised that nothing happens, when I don’t look at Instagram for days. I have many other things to entertain myself, which are also more meaningful and more satisfying than looking lazily at Instagram. In the evening, I peacefully read my book for one hour and felt that I’ve done something good for myself.

