

# 50+ Suggestions to Give Up for Lent

## Technology

- Television
- Gadgets in the bedroom
- Facebook
- Twitter
- Other social media
- Screen use after 9pm
- Using your phone before breakfast
- Your phone (entirely)
- Computer games
- Texting
- Selfies
- The internet

## Habits

- Complaining
- Bad language
- Snapping at your partner
- Snapping at your kids
- Biting your nails
- Smoking
- Texting while driving
- Talking on the phone while driving
- Using a credit card
- Cracking your knuckles
- Sarcasm
- Gossip
- Self-criticism
- Hitting the snooze button
- Procrastination
- Gambling
- Late nights

## Nutrition

- Chocolate
- Pizza
- French fries
- Cake/Donuts/Cookies
- "Treats" in your workplace
- Fast food restaurants
- Caffeine
- Chips/Crisps
- Candy
- Ice Cream
- Purchased coffee drinks
- Gluten
- Meat/animal products
- Soda/fizzy drinks
- Energy drinks
- Sugar in coffee/tea
- Alcohol (or wine, beer etc.)
- Salt
- Carbs
- Skipping breakfast
- After-dinner snacking

## Extras

- Ironing
- Shopping (for non-essentials)
- On-line shopping
- Your in-laws