

There are all kinds of acronyms people fear these days: ATAR, GST, ASIO... but with the explosion of social media platforms, everyone from make-up blogging millennials to proud cat parents have become ingrained with a sense of FOMO - fear of missing out.

It's as if a missed Instagram hashtag, Facebook pm, YouTube view, tweet, tag and FaceTime banishes people to an estranged land of social misfits, where one's public persona become as obsolete as MySpace.

So if you've taken it on, we challenge YOU to see how many activities you can get through the next 48 hours:

- Go to the gym and actually work out
- Read a book made of paper (no ReadIt Fan-Fiction)
- Call your grandparents and listen to a story from "The Good Old Days"
- Go on a real date, not an eHarmony/RSVP/Tinder one
- Enjoy an instant coffee in a paper cup from 7/11
- Enjoy a home brewed coffee in a dirty sink cup
- Enjoy a cafe coffee without taking a photo of it
- Talk to your company at the dinner table
- Netflix and chill with friends with a movie that you haven't already read the IMDB for
- Recreate every emoji with your actual face
- Lrn how 2 sp3ll prprly LOL!
- Call your parents, they raised you
- Make a mix tape and burn it on an actual CD
- Strike up a conversation on the train
- Get drunk without regretting the photos in the morning
- Don't Snapchat/Insta-direct/Facebook message that guy/girl/person that is just NOT that into you
- ACTUALLY sleep
- Go to a new area and plan your next Instagram there once the 48 hours is up
- Enjoy the flavours of a meal, not the lighting and placement of it
- Go to the beach and swim without applying Bondi Sans fake tan or sucking in for a photo
- Cuddle your pets instead of photographing them
- Look in the mirror without taking a selfie
- Take out a lighter at a concert to salute your favourite band, instead of a phone
- Pick an outfit out that doesn't follow @Sydneyfashionblogger's latest trend
- Go to the Grounds of Alexandria and look at the flowers, not your followers
- Write a letter
- Go for a power walk
- Don't Keep Up with the Kardashians
- Do your make up
- Do your hair
- Do your nails
- Treat yourself
- Watch a Donald Trump political debate and write witty comebacks with less than 150 characters
- Eat kale and not talk about it
- Eat quinoa and not post about it
- Eat vegan and not blog about it
- Clean your room
- Get a makeover
- Get a massage
- Get a life
- Check out a business card instead of a LinkedIn profile
- Develop photos and make an album
- Bake a cake
- Eat that cake
- "Bless Up"
- Cry in foetal position
- Record a vlog on your "48 hours in hell" without social media
- Delete all your social media accounts

Good luck with the next 48 hours!

SOCIALLOCKOUT.COM