

Prompt 1

What made  
you smile  
today?

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Prompt 2

List all the  
things you have  
purchased today

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Prompt 3

What was  
the best part  
of today?

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Prompt 4

Something you  
will always  
remember from  
today

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Prompt 5

List all the food  
you have  
consumed today

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Prompt 6

Describe your  
day in ten  
words or less

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Prompt 7

Your first  
thought this  
morning

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Prompt 8

A simple pleasure  
you granted  
yourself today

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Prompt 9

A tiny step you  
took towards  
your goals/  
dreams

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Prompt 10

Three things you  
are thankful for  
right now

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Prompt 11

One thing you are  
stressed about and  
two ways to help  
you get through it

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Prompt 12

Describe your  
morning

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Prompt 13

Describe  
your evening

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Prompt 14

Approximate minutes  
spent on social media  
versus approximate  
minutes you spent  
being social. Thoughts?

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Prompt 15

An overhead  
conversation

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Prompt 16

Take a minute at any point in time today, and observe what is going on around you. Write down your immediate thoughts

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Prompt 17

Today's vitals: date, day, weather, mood, breakfast, lunch, dinner, top 3 priorities

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Prompt 18

What happened today at 10am?

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Prompt 19

What happened today at 1pm?

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Prompt 20

What happened today at 7pm?

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Prompt 21

List everything going through your mind right now

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Prompt 22

Time lapse: Take your logbook/journal with you today and write one observation or thought each hour within an 8-hour time frame

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Prompt 23

Struggle street: What did you struggle with today? List 3 ways to help you overcome it

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Prompt 24

What has inspired you today?

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Prompt 25

List everything you have read today

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Prompt 26

Something new you have learned today

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Prompt 27

Switch off technology for 2 hours. What did you do instead?

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Prompt 28

Spent part of your day doing something you love. Thoughts?

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Prompt 29

List all the places you have visited

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Prompt 30

How did you relax and unwind today?

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Prompt 31

FREE  
WRITE

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# THANK YOU FOR DOWNLOADING AND PARTICIPATING IN THE DECADE THIRTY DAILY PROMPT CYCLE

## INSTRUCTIONS FOR USE:

Print the pages onto plain or coloured paper for each monthly prompt cycle. Cut them out ready for use for the month. Refer to the Decade Thirty blog [www.decadethirty.com](http://www.decadethirty.com) for each month's prompt cycle. Glue the prompt for that day into your logbook/ journal and write away!

## THE BORING (but important) STUFF:

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