

# DECADE THIRTY FEBRUARY 2016 DAILY LISTS PROMPT CYCLE

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| M O N   | T U E   | W E D  | T H U   | F R I  | S A T  | S U N   |
|---|---|--|---|--|--|---|
| 1<br>PROMPT 15<br>List 3 things you're looking forward to today | 2<br>PROMPT 23<br>List things that nourished your mind, body and soul today | 3<br>PROMPT 28<br>List all the sounds you hear in a 10-minute time frame (make sure you write down where you were and what time) | 4<br>PROMPT 13<br>List items in your bag that you wouldn't normally carry every day | 5<br>PROMPT 25<br>List nice things you've said/done to someone else today  | 6<br>PROMPT 1<br>List all the things you've purchased today  | 7<br>PROMPT 7<br>List things you've learned today   |
| 8<br>PROMPT 19<br>List the last 3 things you took a picture of  | 9<br>PROMPT 10<br>List 3 quotes that resonated with you today               | 10<br>PROMPT 24<br>List everyone you spoke to/with today   | 11<br>PROMPT 21<br>List 3 headlines from today's news stories                       | 12<br>PROMPT 5<br>List all the clothes you wore today                      | 13<br>PROMPT 11<br>List 3 things you're <i>actually</i> doing versus 3 things you'd <i>rather</i> be doing | 14<br>PROMPT 27<br>List today's vitals: date, day, weather, mood, breakfast, lunch, dinner, snacks, one happy thought |
| 15<br>PROMPT 2<br>List all the food you've eaten today          | 16<br>PROMPT 29<br>List everything you drank today                          | 17<br>PROMPT 8<br>List 3 things you're grateful for  | 18<br>PROMPT 30<br>List the best parts of today                                     | 19<br>PROMPT 26<br>List things that annoyed you today... Then let them go! | 20<br>PROMPT 18<br>Create a one sentence summary of 3 articles you've read today                           | 21<br>PROMPT 4<br>List all the places you've visited today  |
| 22<br>PROMPT 14<br>List websites you've visited today           | 23<br>PROMPT 12<br>List ways you relaxed today                              | 24<br>PROMPT 22<br>List all the thoughts running through your head in a 5-minute time frame                                      | 25<br>PROMPT 6<br>List 3 of your most important tasks to complete today             | 26<br>PROMPT 16<br>List 3 things you've learned about yourself today       | 27<br>PROMPT 9<br>Your shopping list for today   | 28<br>PROMPT 17<br>List Instagram/Facebook pages you've visited today   |
| 29<br>PROMPT 31<br>List the highlights of this month            |   |  |   |  |  |   |

