

DECADE THIRTY FEBRUARY 2016 DAILY LISTS PROMPT CYCLE

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