

DECADE THIRTY JANUARY 2016 DAILY LISTS PROMPT CYCLE

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