

DECADE THIRTY JANUARY 2016 DAILY PROMPT CYCLE

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MON	TUE	WED	THU	FRI	SAT	SUN
4 PROMPT 10 Three things you are thankful for right now	5 PROMPT 25 List everything you have read today	6 PROMPT 5 List all the food you have consumed today	7 PROMPT 12 Describe your morning	8 PROMPT 20 What happened at 7pm? What happened at 7pm?	9 PROMPT 15 An overheard conversation	10 PROMPT 30 How did you relax and unwind today?
11 PROMPT 14 A approximate minutes spent on social media versus approximate minutes you spent being social. Thoughts?	12 PROMPT 1 What made you smile today?	13 PROMPT 17 Today's vitals: date, day, weather, mood, breakfast, lunch, dinner, top 3 priorities	14 PROMPT 20 Spend part of your day doing something you love. Thoughts?	15 PROMPT 9 A tiny step you took towards your goals/dreams	16 PROMPT 19 What happened today at 1pm?	17 PROMPT 7 Your first thought this morning
18 PROMPT 24 What has inspired you today?	19 PROMPT 11 One thing you are stressed about and two ways to help you get through it	20 PROMPT 26 Something new you have learned today	21 PROMPT 6 Describe your day in ten words or less	22 PROMPT 22 Time lapses: Take your logbook/journal with you today and write one observation/thought each hour within an 8-hour time frame	23 PROMPT 10 What happened today at 10am?	24 PROMPT 31 FREE WRITE
25 PROMPT 2 List all the things you have purchased today	26 PROMPT 8 A simple pleasure you granted yourself today	27 PROMPT 13 Describe your evening	28 PROMPT 23 Struggle street: What did you struggle with today? List 3 ways to help you overcome it	29 PROMPT 27 Switch off technology for 2 hours. What did you do instead?	30 PROMPT 4 Something you will always remember from today	31 PROMPT 29 List all the places you have visited today

DECADE THIRTY FEBRUARY 2016 DAILY PROMPT CYCLE

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MON	TUE	WED	THU	FRI	SAT	SUN
1 PROMPT 20 What happened at 7pm?	2 PROMPT 6 Describe your day in ten words or less	3 PROMPT 14 A approximate minutes spent on social media versus approximate minutes you spent being social. Thoughts?	4 PROMPT 25 List everything you have read today	5 PROMPT 17 Today's vitals: date, day, weather, mood, breakfast, lunch, dinner, top 3 priorities	6 PROMPT 0 A simple pleasure you granted yourself today	7 PROMPT 19 What happened today at 1pm?
8 PROMPT 11 One thing you are stressed about and two ways to help you get through it	9 PROMPT 21 List everything going through your mind right now	10 PROMPT 1 What made you smile today?	11 PROMPT 15 An overheard conversation	12 PROMPT 24 What has inspired you today?	13 PROMPT 27 Switch off technology for 2 hours. What did you do instead?	14 PROMPT 10 Three things you are thankful for right now
15 PROMPT 5 List all the food you have consumed today	16 PROMPT 13 Describe your evening	17 PROMPT 10 What happened today at 10am?	18 PROMPT 9 A tiny step you took towards your goals/dreams	19 PROMPT 16 Take a minute at any point in time today, and observe what is going on around you. Write down your immediate thoughts.	20 PROMPT 12 Describe your morning	21 PROMPT 3 What was the best part of today?
22 PROMPT 20 Spend part of your day doing something you love. Thoughts?	23 PROMPT 7 Your first thought this morning	24 PROMPT 4 Something you will always remember from today	25 PROMPT 26 Something new you have learned today	26 PROMPT 2 List all the things you have purchased today	27 PROMPT 30 How did you relax and unwind today?	28 PROMPT 22 Time lapses: Take your logbook/journal with you today and write one observation/thought each hour within an 8-hour time frame
29 PROMPT 23 Struggle street: What did you struggle with today? List 3 ways to help you overcome it						