

DECADE THIRTY JULY 2016 DAILY LISTS PROMPT CYCLE

www.decadethirty.com @decadethirty #d30lists

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

DECADE THIRTY AUGUST 2016 DAILY LISTS PROMPT CYCLE

www.decadethirty.com @decadethirty #d30lists

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