

## DECADE THIRTY JULY 2016 DAILY PROMPT CYCLE

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

## DECADE THIRTY AUGUST 2016 DAILY PROMPT CYCLE

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