

## DECADE THIRTY MARCH 2016 DAILY LISTS PROMPT CYCLE

[@diacadefitnry #d30lists](http://www.diacadefitnry.com)

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

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