

DECADE THIRTY MAY 2016 DAILY LISTS PROMPT CYCLE

www.diacadeforlife.com @diacadeforlife #diacade

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

DECADE THIRTY JUNE 2016 DAILY LISTS PROMPT CYCLE

www.diacadeforlife.com @diacadeforlife #diacade

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