

## DECADE THIRTY MAY 2016 DAILY PROMPT CYCLE

[@decadethirty #d30promptsycle](http://www.decadethirty.com)

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

## DECADE THIRTY JUNE 2016 DAILY PROMPT CYCLE

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