

DECADE THIRTY NOVEMBER 2016 DAILY LISTS PROMPT CYCLE

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

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MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DECADE THIRTY 2016 DAILY LISTS PROMPT CYCLE: READERS' CHOICE

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