

# DECADE THIRTY NOVEMBER 2016 DAILY 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 30 How did you relax and unwind today?	2 PROMPT 29 List all the places you have visited today	3 PROMPT 28 Spend part of your day doing something you love. Thoughts?	4 PROMPT 27 Switch off technology for 2 hours. What did you do instead?	5 PROMPT 26 Something new you have learned today	6 PROMPT 25 List everything you have read today
7 PROMPT 24 What has inspired you today?	8 PROMPT 23 Struggle street: What did you struggle with today? List 3 ways to help you overcome it	9 PROMPT 22 Time lapse: Take your logbook/journal with you today and write one observation/thought each hour within an 8-hour time frame	10 PROMPT 21 List everything going through your mind right now	11 PROMPT 20 What happened at 7pm?	12 PROMPT 19 What happened today at 1pm?	13 PROMPT 18 What happened today at 10am?
14 PROMPT 17 Today's vitals: date, day, weather, mood, breakfast, lunch, dinner, top 3 priorities	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 15 An overheard conversation	17 PROMPT 14 Approximate minutes spent on social media versus approximate minutes you spent being social. Thoughts?	18 PROMPT 13 Describe your evening	19 PROMPT 12 Describe your morning	20 PROMPT 11 One thing you are stressed about and two ways to help you get through it
21 PROMPT 10 Three things you are thankful for right now	22 PROMPT 9 A tiny step you took towards your goals/dreams	23 PROMPT 8 A simple pleasure you granted yourself today	24 PROMPT 7 Your first thought this morning	25 PROMPT 6 Describe your day in ten words or less	26 PROMPT 5 List all the food you have consumed today	27 PROMPT 4 Something you will always remember from today
28 PROMPT 3 What was the best part of today?	29 PROMPT 2 List all the things you have purchased today	30 PROMPT 1 What made you smile today?				

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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	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 PROMPT CYCLE: READERS' CHOICE

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