

DECADE THIRTY NOVEMBER 2016 DAILY PROMPT CYCLE

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| M O N | T U E | W E D | THU | F R I | S A T | S U N |
|-------|---|---|---|--|--|---|
| 1 | PROMPT 10 How did you relax and unwind today? | PROMPT 11 List all the places you have visited today | PROMPT 12 Spend part of your day doing something you love.. Thoughts? | PROMPT 13 Switch off technology for 2 hours. What did you do instead? | PROMPT 14 Something new you have learned today | PROMPT 15 List everything you have read today |
| 7 | PROMPT 16 What has inspired you today? | PROMPT 17 Struggle street: What did you struggle with today? List 3 ways to help you overcome it | PROMPT 18 Time lapse: Take your logbook/journal with you today and write one observation/thought each hour within an 8-hour time frame | PROMPT 19 List everything going through your mind right now | PROMPT 20 What happened at 7pm? | PROMPT 21 What happened today at 1pm? |
| 14 | PROMPT 22 Today's vitals: date, day, weather, mood, breakfast, lunch, dinner, top 3 priorities | PROMPT 23 Take a minute at any point in time today, and observe what is going on around you. Write down your immediate thoughts. | PROMPT 24 An overheard conversation | PROMPT 25 Your first thought this morning | PROMPT 26 Describe your evening | PROMPT 27 One thing you are stressed about and 2 ways to help you get through it |
| 21 | PROMPT 28 Three things you are thankful for right now | PROMPT 29 A tiny step you took towards your goals/dreams | PROMPT 30 A simple pleasure you granted yourself today | PROMPT 31 What made you smile today? | PROMPT 32 List all the food you have consumed today | PROMPT 33 Something you will always remember from today |
| 28 | PROMPT 34 What was the best part of today? | PROMPT 35 List all the things you have purchased today | | | | |

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| 5 | PROMPT 1 PROMPT 2 PROMPT 3 PROMPT 4 PROMPT 5 PROMPT 6 PROMPT 7 PROMPT 8 PROMPT 9 PROMPT 10 PROMPT 11 PROMPT 12 PROMPT 13 PROMPT 14 PROMPT 15 PROMPT 16 PROMPT 17 PROMPT 18 PROMPT 19 PROMPT 20 PROMPT 21 PROMPT 22 PROMPT 23 PROMPT 24 PROMPT 25 PROMPT 26 PROMPT 27 PROMPT 28 PROMPT 29 PROMPT 30 PROMPT 31 PROMPT 32 PROMPT 33 PROMPT 34 PROMPT 35 PROMPT 36 PROMPT 37 PROMPT 38 PROMPT 39 PROMPT 40 PROMPT 41 PROMPT 42 PROMPT 43 PROMPT 44 PROMPT 45 PROMPT 46 PROMPT 47 PROMPT 48 PROMPT 49 PROMPT 50 PROMPT 51 PROMPT 52 PROMPT 53 PROMPT 54 PROMPT 55 PROMPT 56 PROMPT 57 PROMPT 58 PROMPT 59 PROMPT 60 PROMPT 61 PROMPT 62 PROMPT 63 PROMPT 64 PROMPT 65 PROMPT 66 PROMPT 67 PROMPT 68 PROMPT 69 PROMPT 70 PROMPT 71 PROMPT 72 PROMPT 73 PROMPT 74 PROMPT 75 PROMPT 76 PROMPT 77 PROMPT 78 PROMPT 79 PROMPT 80 PROMPT 81 PROMPT 82 PROMPT 83 PROMPT 84 PROMPT 85 PROMPT 86 PROMPT 87 PROMPT 88 PROMPT 89 PROMPT 90 PROMPT 91 PROMPT 92 PROMPT 93 PROMPT 94 PROMPT 95 PROMPT 96 PROMPT 97 PROMPT 98 PROMPT 99 PROMPT 100 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DECADE THIRTY 2016 DAILY PROMPT CYCLE: READERS' CHOICE

| M O N | T U E | W E D | TH U | F R I | S A T | S U N |
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| 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 overhead 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 [Name]? | PROMPT 19 What happened today at 7pm? | PROMPT 20 What happened at 7pm? | PROMPT 21 List everything going through your mind right now |
| PROMPT 22 Time lapse: Take your laptop/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 RELAX | | | | |