

Prompt 31

FREE
WRITE

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THANK YOU FOR DOWNLOADING AND PARTICIPATING IN THE DECADE THIRTY DAILY PROMPT CYCLE

INSTRUCTIONS FOR USE:

The Decade Thirty Prompt Cycle uses the same 31 prompts each month but arranged in different order. This way you get a capture of your daily life with different prompts for any given day. The concept was based on an art exercise I created many years ago whereby I used 7 prompts for things to draw daily. For one week, I'd draw the prompt for that day, then the following week, I'd scramble the order of the prompts for each day, and then draw the prompt on any given day. What happened in the end was that I ended up with different renditions of each prompt because I couldn't anticipate what it was going to be any particular day. So for example, for one Monday, I'd draw an apple, but next Monday would be for a tree, and so on and so forth.

To participate in the Decade Thirty Prompt Cycle, check back on my blog (www.decadethirty.com) or Instagram account (@decadethirty) for the month's prompt cycle. When you see the calendar, all the numbers will be out of order. Below is the December Prompt Cycle. The numbers on the prompt cycle calendar represent each prompt, and the numbers fall on the days they would fall in a traditional month. So for November 1 (Sunday), the prompt will be number 13, which is *Describe your evening*, November 2 (Monday) will be prompt 1, which is *What made you smile today?*, and so on and so forth.

NOVEMBER

M	T	W	T	F	S	S
						13
1	5	11	3	16	6	17
21	4	25	19	14	26	2
29	23	9	7	10	24	8
22	16	20	27	12	30	15
31						

The prompts are designed to be completed in 5-10 mins, making it an ideal micro-journaling exercise for the time poor (like me!).

You can use these printables for your logbook or journal by printing them on plain or coloured paper ready for each monthly prompt cycle. Glue the prompt for that day and write away! Remember to check back on the Decade Thirty blog for each month's prompt cycle.

THE BORING (but important) STUFF:

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Prompt 1

What made
you smile
today?

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Prompt 2

List all the
things you have
purchased today

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Prompt 3

What was
the best part
of today?

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Prompt 4

Something you
will always
remember from
today

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Prompt 5

List all the food
you have
consumed today

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Prompt 6

Describe your
day in ten
words or less

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Prompt 7

Your first
thought this
morning

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Prompt 8

A simple pleasure
you granted
yourself today

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Prompt 9

A tiny step you
took towards
your goals/
dreams

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Prompt 10

Three things you
are thankful for
right now

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Prompt 11

One thing you are
stressed about and
two ways to help
you get through it

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Prompt 12

Describe your
morning

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Prompt 13

Describe
your evening

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Prompt 14

Approximate minutes
spent on social media
versus approximate
minutes you spent
being social. Thoughts?

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Prompt 15

An overhead
conversation

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Prompt 16

Take a minute at any point in time today, and observe what is going on around you. Write down your immediate thoughts

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Prompt 17

Today's vitals: date, day, weather, mood, breakfast, lunch, dinner, top 3 priorities

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Prompt 18

What happened today at 10am?

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Prompt 19

What happened today at 1pm?

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Prompt 20

What happened today at 7pm?

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Prompt 21

List everything going through your mind right now

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Prompt 22

Time lapse: Take your logbook/journal with you today and write one observation or thought each hour within an 8-hour time frame

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Prompt 23

Struggle street: What did you struggle with today? List 3 ways to help you overcome it

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Prompt 24

What has inspired you today?

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Prompt 25

List everything you have read today

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Prompt 26

Something new you have learned today

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Prompt 27

Switch off technology for 2 hours. What did you do instead?

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Prompt 28

Spend part of your day doing something you love. Thoughts?

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Prompt 29

List all the places you have visited

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Prompt 30

How did you relax and unwind today?

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