

DECADE THIRTY SEPTEMBER 2016 DAILY LISTS PROMPT CYCLE

www.d30cadefinity.com @d30cadefinity #d30lists

MON	TUE	WED	THU	FRI	SAT	SUN
5 PROMPT 20 List a few lines of an overheard conversation	6 PROMPT 24 List everyone you spoke to/with today	7 PROMPT 26 List all the sounds you hear in a 10-minute time frame (make sure you write down where you were and what time)	8 PROMPT 1 List all the things you've purchased today	9 PROMPT 3 List all the clothes you wore today	10 PROMPT 9 Your shopping list for today	11 PROMPT 13 List items in your bag that you wouldn't normally carry every day
12 PROMPT 17 List Instagram/Facebook pages you've visited today	13 PROMPT 21 List 3 headlines from today's news stories	14 PROMPT 25 List nice things you've said/done to someone else today	15 PROMPT 29 List everything you drank today	16 PROMPT 2 List all the food you've eaten today	17 PROMPT 6 List 3 of your most important tasks to complete today	18 PROMPT 10 List 3 quotes that resonated with you today
19 PROMPT 14 List websites you've visited today	20 PROMPT 18 Create a one sentence summary of 3 articles you've read today	21 PROMPT 22 List all the thoughts ruminating through your head in a 5-minute time frame	22 PROMPT 26 List things that annoyed you today... Then let them go!	23 PROMPT 30 List the best parts of today	24 PROMPT 3 List everything you've read today	25 PROMPT 7 List things you've learned today
26 PROMPT 11 List 3 things you're <i>actually</i> doing versus 3 things you'd <i>rather</i> be doing	27 PROMPT 15 List 3 things you're looking forward to today	28 PROMPT 23 List things that nourished your mind, body and soul today	29 PROMPT 27 List today's vitals: date, day, weather, mood, breakfast, lunch, dinner, snacks, one happy thought	30 PROMPT 31 List the highlights of this month		

DECADE THIRTY OCTOBER 2016 DAILY LISTS PROMPT CYCLE

www.d30cadefinity.com @d30cadefinity #d30lists

MON	TUE	WED	THU	FRI	SAT	SUN
31 PROMPT 31 List the highlights of this month					1 PROMPT 2 List all the places you've eaten today	2 PROMPT 4 List all the places you've visited today
3 PROMPT 6 List 3 of your most important tasks to complete today	4 PROMPT 8 List 3 things you're grateful for	5 PROMPT 10 List 3 quotes that resonated with you today	6 PROMPT 12 List ways you relaxed today	7 PROMPT 14 List websites you've visited today	8 PROMPT 16 List 3 things you've learned about yourself today	9 PROMPT 18 Create a one sentence summary of 3 articles you've read today
10 PROMPT 20 List a few lines of an overheard conversation	11 PROMPT 22 List all the thoughts ruminating through your head in a 5-minute time frame	12 PROMPT 24 List everyone you spoke to/with today	13 PROMPT 26 List things that annoyed you today... Then let them go!	14 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)	15 PROMPT 30 List the best parts of today	16 PROMPT 1 List all the things you've purchased today
17 PROMPT 3 List everything you've read today	18 PROMPT 5 List all the clothes you wore today	19 PROMPT 7 List things you've learned today	20 PROMPT 9 Your shopping list for today	21 PROMPT 11 List 3 things you're <i>actually</i> doing versus 3 things you'd <i>rather</i> be doing	22 PROMPT 13 List items in your bag that you wouldn't normally carry every day	23 PROMPT 15 List 3 things you're looking forward to today
24 PROMPT 17 List Instagram/Facebook pages you've visited today	25 PROMPT 19 List the last 3 things you took a picture of	26 PROMPT 21 List 3 headlines from today's news stories	27 PROMPT 23 List things that nourished your mind, body and soul today	28 PROMPT 25 List nice things you've said/done to someone else today	29 PROMPT 27 List today's vitals: date, day, weather, mood, breakfast, lunch, dinner, snacks, one happy thought	30 PROMPT 29 List everything you drank today