

DECADE THIRTY SEPTEMBER 2016 DAILY PROMPT CYCLE

M O N	T U E	W E D	T H U	F R I	S A T	S U N
5	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
6	PROMPT 11 What happened today at 1pm?	PROMPT 12 Describe your morning	PROMPT 13 Describe your evening	PROMPT 14 A 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.
7	PROMPT 17 What happened at 7pm?	PROMPT 18 What happened at 1pm?	PROMPT 19 List everything going through your mind right now	PROMPT 20 Spend part of your day doing something you love. Thoughts?	PROMPT 21 Time lapse: Take your logbook/journal with you today and write one observation/hought each hour within an 8-hour time frame	PROMPT 22 Struggle street: What did you struggle with today? List 3 ways to help you overcome it!
8	PROMPT 23 Something new you have learned today	PROMPT 24 Switch off technology for 2 hours. What did you do instead?	PROMPT 25 List the places you have visited today	PROMPT 26 How did you relax and unwind today?	PROMPT 27 How did you relax and unwind today?	PROMPT 28 List everything you have read 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	PROMPT 26 Spend part of your day doing something you love. Thoughts?	PROMPT 27 List everything you have read today	PROMPT 28 List everything going through your mind right now	PROMPT 29 Describe your day in ten words or less	PROMPT 30 List all the things you have purchased today	PROMPT 31 Your first thought this morning
2	PROMPT 32 What happened today at 1pm?	PROMPT 33 Describe your morning	PROMPT 34 How did you relax and unwind today?	PROMPT 35 List all the things you have purchased today	PROMPT 36 A tiny step you took towards your goals/dreams	PROMPT 37 A simple pleasure you granted yourself today
3	PROMPT 38 What happened today at 7pm?	PROMPT 39 List everything going through your mind right now	PROMPT 40 How did you relax and unwind today?	PROMPT 41 List all the things you have purchased today	PROMPT 42 A tiny step you took towards your goals/dreams	PROMPT 43 Approximate minutes spent on social media versus approximate minutes you spent being social. Thoughts?
4	PROMPT 44 What happened today at 1pm?	PROMPT 45 Describe your morning	PROMPT 46 How did you relax and unwind today?	PROMPT 47 List all the things you have purchased today	PROMPT 48 A tiny step you took towards your goals/dreams	PROMPT 49 Approximate minutes spent on social media versus approximate minutes you spent being social. Thoughts?
5	PROMPT 50 What happened today at 7pm?	PROMPT 51 List everything going through your mind right now	PROMPT 52 How did you relax and unwind today?	PROMPT 53 List all the things you have purchased today	PROMPT 54 A tiny step you took towards your goals/dreams	PROMPT 55 Something new you have learned today
6	PROMPT 56 What happened today at 1pm?	PROMPT 57 Describe your morning	PROMPT 58 How did you relax and unwind today?	PROMPT 59 List all the things you have purchased today	PROMPT 60 A tiny step you took towards your goals/dreams	PROMPT 61 Describe your evening
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9	PROMPT 74 What happened today at 7pm?	PROMPT 75 List everything going through your mind right now	PROMPT 76 How did you relax and unwind today?	PROMPT 77 List all the things you have purchased today	PROMPT 78 A tiny step you took towards your goals/dreams	PROMPT 79 Describe your evening
10	PROMPT 80 What happened today at 1pm?	PROMPT 81 Describe your morning	PROMPT 82 How did you relax and unwind today?	PROMPT 83 List all the things you have purchased today	PROMPT 84 A tiny step you took towards your goals/dreams	PROMPT 85 Something new you have learned today
11	PROMPT 86 What happened today at 7pm?	PROMPT 87 List everything going through your mind right now	PROMPT 88 How did you relax and unwind today?	PROMPT 89 List all the things you have purchased today	PROMPT 90 A tiny step you took towards your goals/dreams	PROMPT 91 Describe your evening
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13	PROMPT 98 What happened today at 7pm?	PROMPT 99 List everything going through your mind right now	PROMPT 100 How did you relax and unwind today?	PROMPT 101 List all the things you have purchased today	PROMPT 102 A tiny step you took towards your goals/dreams	PROMPT 103 Describe your evening
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19	PROMPT 134 What happened today at 7pm?	PROMPT 135 List everything going through your mind right now	PROMPT 136 How did you relax and unwind today?	PROMPT 137 List all the things you have purchased today	PROMPT 138 A tiny step you took towards your goals/dreams	PROMPT 139 Describe your evening
20	PROMPT 140 What happened today at 1pm?	PROMPT 141 Describe your morning	PROMPT 142 How did you relax and unwind today?	PROMPT 143 List all the things you have purchased today	PROMPT 144 A tiny step you took towards your goals/dreams	PROMPT 145 Something new you have learned today
21	PROMPT 146 What happened today at 7pm?	PROMPT 147 List everything going through your mind right now	PROMPT 148 How did you relax and unwind today?	PROMPT 149 List all the things you have purchased today	PROMPT 150 A tiny step you took towards your goals/dreams	PROMPT 151 Describe your evening
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24	PROMPT 164 What happened today at 1pm?	PROMPT 165 Describe your morning	PROMPT 166 How did you relax and unwind today?	PROMPT 167 List all the things you have purchased today	PROMPT 168 A tiny step you took towards your goals/dreams	PROMPT 169 Something new you have learned today
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29	PROMPT 194 What happened today at 7pm?	PROMPT 195 List everything going through your mind right now	PROMPT 196 How did you relax and unwind today?	PROMPT 197 List all the things you have purchased today	PROMPT 198 A tiny step you took towards your goals/dreams	PROMPT 199 Describe your evening
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