

DECADE THIRTY SEPTEMBER 2016 DAILY PROMPT CYCLE

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

DECADE THIRTY OCTOBER 2016 DAILY PROMPT CYCLE

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