

DECADE THIRTY MARCH 2016 DAILY PROMPT CYCLE

[@decadethirty #d30promptsycle](http://www.decadethirty.com)

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

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