

PROMPT 1. www.decadethirty.com
Pour yourself a tea/coffee in your favourite mug/cup

PROMPT 18. www.decadethirty.com
Go for a walk while the sun sets

PROMPT 2. www.decadethirty.com
Do your hair differently today

PROMPT 19. www.decadethirty.com
Connect with a friend or significant other through conversation even if it's just for 5 minutes of your day

PROMPT 3. www.decadethirty.com
Indulge in a sweet treat

PROMPT 20. www.decadethirty.com
Sit in your garden for 5 mins and just observe

PROMPT 4. www.decadethirty.com
Watch the sunrise

PROMPT 21. www.decadethirty.com
Enjoy a hot shower

PROMPT 5. www.decadethirty.com
Watch the sunset

PROMPT 22. www.decadethirty.com
Do a mini-declutter

PROMPT 6. www.decadethirty.com
Walk barefoot - anywhere - for 5 mins

PROMPT 23. www.decadethirty.com
Go to bed early

PROMPT 7. www.decadethirty.com
Take a different way to the shops (or work/school/Uni/etc.)

PROMPT 24. www.decadethirty.com
Get up a few minutes earlier than usual and fill these minutes with some quiet contemplation

PROMPT 8. www.decadethirty.com
Lie in bed for a minute the moment you wake up and just observe the moment

PROMPT 25. www.decadethirty.com
Set aside some "worry time" (10 mins) where you allow yourself to focus on all your worries. Acknowledge them, then let it go

PROMPT 9. www.decadethirty.com
No social media 90 minutes before bed time

PROMPT 26. www.decadethirty.com
Laugh: read or watch something funny

PROMPT 10. www.decadethirty.com
Sketch/draw/doodle for 5 minutes

PROMPT 27. www.decadethirty.com
Have a date with yourself

PROMPT 11. www.decadethirty.com
Read 5 pages from a book on your reading list

PROMPT 28. www.decadethirty.com
Splurge on something small

PROMPT 12. www.decadethirty.com
Check-in with yourself throughout the day to ensure that you don't get overwhelmed

PROMPT 29. www.decadethirty.com
Stretch

PROMPT 13. www.decadethirty.com
Write a postcard to someone you haven't contacted in awhile

PROMPT 30. www.decadethirty.com
Give yourself a massage

PROMPT 14. www.decadethirty.com
Journal

PROMPT 31. www.decadethirty.com
Take a photo of your day

PROMPT 15. www.decadethirty.com
Cook a meal whilst listening to your favourite music

PROMPT 32. www.decadethirty.com
Window shop online or at the shops and create a wishlist

PROMPT 16. www.decadethirty.com
Dance your heart out to your favourite music

PROMPT 33. www.decadethirty.com
Schedule in some me time and do whatever you want!

PROMPT 17. www.decadethirty.com
Go for an early morning walk

PROMPT 34. www.decadethirty.com
Write down what you're grateful for and post it somewhere you can be reminded of it daily

PROMPT 35.

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Call someone just to say hello

PROMPT 52.

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Only do ONE thing on your to-do list

PROMPT 36.

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Turn off your phone today, or if you can't for whatever reason, at least turn it off for an hour

PROMPT 53.

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Do absolutely nothing for 15 mins

PROMPT 37.

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Sing in the shower, whilst hanging out the laundry, washing the dishes, etc. — just sing

PROMPT 54.

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Get dressed up for no reason

PROMPT 38.

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Cook/bake something and give it to a friend, family member, neighbour, etc.

PROMPT 55.

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Try a new healthy recipe for a snack or one of your main meals

PROMPT 39.

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Listen to a podcast that interests you

PROMPT 56.

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Daydream

PROMPT 40.

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Discover a new blog based on your interests, and leave a comment or email the blogger

PROMPT 57.

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Indulge in a hobby

PROMPT 41.

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Write some positive thoughts on a post-it note and leave it at a bookstore, newsstand, coffee shop, etc.

PROMPT 58.

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Order dinner in or have someone else make it

PROMPT 42.

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Have a picnic in an unconventional place, like your living room or veranda, invite people you love to join you

PROMPT 59.

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Buy yourself a bouquet of flowers or arrange/pick flowers from your garden

PROMPT 43.

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Make your favourite meal/snack and enjoy it uninterrupted and be in the moment (no media or work)

PROMPT 60.

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Drink water

PROMPT 44.

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Ask for help if you need it today

PROMPT 61.

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Colour-in some colouring-in pages

PROMPT 45.

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People watch when you're out today, but don't judge, just observe

PROMPT 46.

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Compliment yourself and mean it

PROMPT 47.

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Look at the stars

PROMPT 48.

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Take a nap

PROMPT 49.

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Watch the clouds

PROMPT 50.

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Read and enjoy a magazine

PROMPT 51.

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Watch your favourite movie