

FEBRUARY 2017

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	DAILY PROMPT	SELF-CARE
1	List all the places you've visited today	Enjoy a hot shower
2	List websites you've visited today	Sit in your garden or at a park for 5 minutes and just observe
3	What happened today at 7pm?	Read 5 pages from a book on your reading list
4	An overheard conversation	Dance your heart out to your favourite music
5	List 3 things you're looking forward to today	Watch the sunset
6	Describe your evening	Laugh
7	List 3 headlines from today's news stories	Stretch
8	Something new you have learned today	Set aside some 'worry time' (10 minutes) where you allow yourself to focus on all your worries. Acknowledge them, then let it go
9	What has inspired you today?	Write down what you are grateful for and place it somewhere where you are reminded of it daily
10	List the best parts of today	Enjoy a beverage of your choice in your favourite mug
11	What happened today at 10am?	Only do ONE thing on your to do list
12	List 3 quotes that have resonated with you today	Try a new healthy recipe for a snack or one of your main meals
13	List everything you have read	No social media 90 minutes before bed
14	List everything that nourished your mind, body and soul today	Connect with a friend or significant other through conversation, even if it's just for 5 minutes of your day
15	Describe your morning	People watch when you're out today without judgement
16	List all the things you have purchased today	Ask for help if you need it today
17	A tiny step you took towards your goals/dreams	Walk barefoot anywhere for 5 minutes
18	Something you will always remember from today	Go to bed early
19	Take a minute at any point in time today, and observe what is going on around you. Record your immediate thoughts	Compliment yourself and meant it
20	How did you relax and unwind today?	Call someone just to say hello
21	Today's vitals: date, day, weather, mood, breakfast, lunch, dinner, snacks, top 3 priorities, one happy thought	Do absolutely nothing for 15 minutes
22	A simple pleasure you granted yourself today	Check-in with yourself throughout the day to ensure that you don't get overwhelmed
23	List nice things you've said/done to someone else today	Read and enjoy a magazine
24	What could have gone better today? Record your feelings and thoughts. Acknowledge them and move on.	Lie in bed for a minute immediately after waking up and just observe the moment
25	What happened today at 1pm?	Look at the stars
26	What made you smile today?	Write some positive thoughts on a post-it note and leave it in a random place (e.g. cafe, bookstore, on a tub of ice-cream at the shops, etc.)
27	Describe your day in ten words or less	Watch the sunrise
28	List the highlights of the month.	Indulge in a sweet treat and enjoy it



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