

# JANUARY 2017

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



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