

APRIL 2017

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



 hello@decadethirty.com
 www.decadethirty.com
 @decadethirty
 www.facebook.com/decadethirty