

# MARCH 2017

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



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