

JUNE 2017

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



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