

MAY 2017

Copyright Decade Thirty

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



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