

Prompt 31 LISTS

List the
highlights of
this month

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THANK YOU FOR DOWNLOADING AND PARTICIPATING IN THE DECADE THIRTY DAILY LISTS PROMPT CYCLE

INSTRUCTIONS FOR USE:

The Decade Thirty Prompt Cycles use the same 31 prompts each month but arranged in different order. This way you get a capture of your daily life with different prompts for any given day. The concept was based on an art exercise I created many years ago whereby I used 7 prompts for things to draw daily. For one week, I'd draw the prompt for that day, then the following week, I'd scramble the order of the prompts for each day, and then draw the prompt on any given day. What happened in the end was that I ended up with different renditions of each prompt because I couldn't anticipate what it was going to be any particular day. So for example, for one Monday, I'd draw an apple, but next Monday would be for a tree, and so on and so forth.

To participate in the Decade Thirty Daily Lists Prompt Cycle, check back on my blog (www.decadethirty.com) or Instagram account (@decadethirty) for the month's prompt cycle. When you see the calendar, don't be alarmed when you see all the numbers out of order. The numbers on the prompt cycle calendar represent each prompt, and the numbers fall on the days they would fall in a traditional month. Below is the January 2016 Daily Lists Prompt Cycle. So for January 1 (Friday), the prompt will be number 13, which is *List items in your bag that you wouldn't normally carry around today*, November 2 (Saturday) will be prompt 1, which is *List all the things you've purchased today* and so on and so forth. With the exception of prompt 31, the prompts will be different for each day of every month.

JANUARY 2016

M	T	W	T	F	S	S
				13	1	5
11	2	18	6	17	21	4
25	19	14	28	3	29	23
9	7	10	24	8	22	16
20	27	12	30	15	26	31

The prompts are designed to be completed in 5-10 mins, making it an ideal micro-journaling and listing exercise for the time poor and listing enthusiast (like me!). Prompt 31, *List the highlights of the month*, falls on the last day of every month as a positive way to wrap up your daily lists :)

You can use these printables for your logbook or journal by printing them on plain or coloured paper ready for each monthly list prompt cycle. Glue the prompt for that day and write away! Remember to check back on the Decade Thirty blog for each month's list prompt cycle.

THE BORING (but important) STUFF:

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Prompt 1 LISTS

List all the things you've purchased today

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Prompt 2 LISTS

List all the food you've eaten today

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Prompt 3 LISTS

List everything you've read today

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Prompt 4 LISTS

List all the places you've visited today

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Prompt 5 LISTS

List the clothes you wore today

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Prompt 6 LISTS

List 3 of your most important tasks to complete today

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Prompt 7 LISTS

List things you've tried today

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Prompt 8 LISTS

List 3 things you're grateful for

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Prompt 9 LISTS

Your shopping list for today

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Prompt 10 LISTS

List 3 quotes that resonated with you today

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Prompt 11 LISTS

List 3 things you're *actually* doing versus 3 things you'd *rather* be doing

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Prompt 12 LISTS

List ways you relaxed today

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Prompt 13 LISTS

List items in your bag that you wouldn't normally carry every day

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Prompt 14 LISTS

List websites you've visited today

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Prompt 15 LISTS

List 3 things you're looking forward to today

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Prompt 16 LISTS

List 3 things you've learned about yourself today

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Prompt 17 LISTS

List Instagram/Facebook pages you've visited today

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Prompt 18 LISTS

Create a one sentence summary of 3 articles you've read today

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Prompt 19 LISTS

List the last 3 things you took a picture of

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Prompt 20 LISTS

List a few lines of an overheard conversation

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Prompt 21 LISTS

List 3 headlines from today's news stories

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Prompt 22 LISTS

List all the thoughts running through your head in a 5-minute time frame

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Prompt 23 LISTS

List things that nourished your mind, body and soul today

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Prompt 24 LISTS

List everyone you spoke to/with today

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Prompt 25 LISTS

List nice things you've said/done to someone else today

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Prompt 26 LISTS

List things that annoyed you today... Then let it go!

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Prompt 27 LISTS

List today's vitals: date, day, weather, mood, breakfast, lunch, dinner, snacks, one happy thought

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Prompt 28 LISTS

List all the sounds you hear in a 10-minute time frame (make sure you write down where you were and what time)

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Prompt 29 LISTS

List everything you drank today

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Prompt 30 LISTS

List the best parts of today

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