30 Prompts for Your Own List of 30

Every prompt below is a real list from *My Life in Lists of 30* (2015) or *Our Life in Lists of 30* (2024). Pick one. Write 30 things. See what you learn about yourself somewhere around item 23.

ABOUT YOU

1. **30 Self-Proclaimed Titles**
   If a documentary put a title under your name, what would it say? OUR LIFE
2. **Your 30 Under 30 (or 40 Under 40)**
   Goals sorted by what you actually want out of life. OUR LIFE
3. **30 Movies I Love**
   Note the one you'd defend in an argument. MY LIFE
4. **30 Happy Memories**
   Start with the first one that makes you smile. MY LIFE
5. **30 Funniest Moments**
   Inside jokes count. Explaining them is optional. MY LIFE

DAYDREAMING

6. **30 Questions I'd Ask Future Me**
   Flying cars? Regrets? Save the weirdest for #30. MY LIFE
7. **30 "Wouldn't It Be Cool If..."**
   Inventions, adventures, laws of physics. No budget. MY LIFE
8. **30 Things I'd Learn Stuck in Groundhog Day**
   Same day on repeat. What skills do you stack? MY LIFE
9. **30 Places I Want to Visit**
   Add one reason for each. "The food" is a reason. MY LIFE
10. **30 Icebox Side Projects**
    The ideas sitting in the freezer. Thaw one. MY LIFE

WORK & AMBITION

11. **30 Pieces of Advice for My 20s**
    Hindsight is 20-20. Write to your younger self. OUR LIFE
12. **30 Things in the First 30 Days**
    A new job, school, city, or baby. OUR LIFE
13. **30 Business Jargon Phrases**
    The ones you said this week. Be honest. OUR LIFE
14. **30 Early Career Advice**
    For anyone hitting the "Now what?" wall. MY LIFE
15. **30 Things Learned from Giving a Speech**
    Or a toast, a pitch, or a very long voicemail. MY LIFE

SYSTEMS

16. **30 Personal #Lifehacks**
    Tricks you use so often you forgot they're tricks. MY LIFE
17. **30 15-Minute Activities**
    Things that fit in a quarter hour and make the day better. MY LIFE
18. **30 Micro Resolutions**
    Little actions, big changes. #MeatlessMondays counts. OUR LIFE
19. **30 Essential Items**
    Things you'd actually spend money on. MY LIFE
20. **30 Year End Activities**
    Rituals, reviews, and plain neurotic habits. OUR LIFE

PEOPLE

21. **30 Little Things**
    Tiny doses of happiness. Keep them in a happiness jar. OUR LIFE
22. **30 Ways to Maintain Meaningful Relationships**
    How you actually stay in touch (or want to). MY LIFE
23. **30 Priceless Birthday Gifts**
    Gifts that cost nothing. A real high-five counts. MY LIFE
24. **30 Things I Love About ____**
    A kid, a partner, a friend, a city. OUR LIFE
25. **30 Things to Teach My Future Kid**
    Or a niece, an intern, or your younger self. MY LIFE

REFLECTION

26. **30 Things to Be Thankful About**
    Push past the obvious after #10. MY LIFE
27. **30 Random Observation/Comments**
    Shower thoughts. One sentence each. MY LIFE
28. **30 Values of Disconnecting**
    What happens when the phone goes in a drawer. MY LIFE
29. **30 Signs I'm Obsessed With ____**
    Parenting, sourdough, table tennis, whatever. OUR LIFE
30. **30 Reasons Why I Love ____**
    The thing you can't stop doing. Mine is lists of 30. OUR LIFE

1 Pick a prompt 2 Write all 30 in one day 3 Save your best one for #30

Worksheet on the back →

WORKSHEET

30 _____

WHY THIS LIST?

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

RANDOM OBSERVATION/COMMENT:

~See Lemons _____

Stuck? 1-10: go with your gut. 11-20: ask Who, What, Where, When, Why, How. 21-30: zoom out, take a walk, or make a ridiculous joke about the topic. Ended up with 31? Cut one.