

The 30-List Mini Journal

30 pages. 30 lists. One pocket.

Companion to *My Life in Lists of 30*
and *Our Life in Lists of 30* by Clemens Wan

HOW TO USE THIS JOURNAL

One page, one list.

Every page holds one list of 30. Pick a topic, fill all 30 lines in one sitting, and save your best item for #30.

Stuck on a topic? Each page has a suggestion from the books in small print. Ignore it freely.

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

~See Lemons Start Writing

THIS JOURNAL BELONGS TO

30 _____ List 1

Suggestion: 30 Self-Proclaimed Titles

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RANDOM OBSERVATION/COMMENT:

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Suggestion: Your 30 Under 30 (or 40 Under 40)

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Movies I Love

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Happy Memories

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Funniest Moments

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Questions I'd Ask Future Me

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 "Wouldn't It Be Cool If..."

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RANDOM OBSERVATION/COMMENT:

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List 8

Suggestion: 30 Things I'd Learn Stuck in Groundhog Day

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Places I Want to Visit

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Icebox Side Projects

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Pieces of Advice for My 20s

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RANDOM OBSERVATION/COMMENT:

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List 12

Suggestion: 30 Things in the First 30 Days

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Business Jargon Phrases

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Early Career Advice

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Things Learned from Giving a Speech

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RANDOM OBSERVATION/COMMENT:

30 _____ List 16

Suggestion: 30 Personal #Lifehacks

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 15-Minute Activities

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RANDOM OBSERVATION/COMMENT:

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List 18

Suggestion: 30 Micro Resolutions

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Essential Items

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Year End Activities

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Little Things

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RANDOM OBSERVATION/COMMENT:

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Suggestion: 30 Ways to Maintain Meaningful Relationships

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RANDOM OBSERVATION/COMMENT:

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List 23

Suggestion: 30 Priceless Birthday Gifts

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RANDOM OBSERVATION/COMMENT:

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List 24

Suggestion: 30 Things I Love About ___

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RANDOM OBSERVATION/COMMENT:

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List 25

Suggestion: 30 Things to Teach My Future Kid

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RANDOM OBSERVATION/COMMENT:

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List 26

Suggestion: 30 Things to Be Thankful About

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RANDOM OBSERVATION/COMMENT:

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List 27

Suggestion: 30 Random Observation/Comments

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RANDOM OBSERVATION/COMMENT:

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List 28

Suggestion: 30 Values of Disconnecting

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RANDOM OBSERVATION/COMMENT:

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List 29

Suggestion: 30 Signs I'm Obsessed With ___

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RANDOM OBSERVATION/COMMENT:

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List 30

Suggestion: 30 Reasons Why I Love ___

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RANDOM OBSERVATION/COMMENT:

NOTES & EXTRA ITEM #31S

You wrote 30 lists of 30.

That's 900 items. Clemens wrote two books this way.

Share one: **book.listsof30.com**

