

# MAY JOURNAL PROMPTS

- What does May's energy feel like to you?
- How can you step into your power this month?
- How did April feel?
- Does May bring up any emotions for you that you need to work through?
- How can you open more doors in your life?
- What is something you've learned recently?
- How can you serve others?
- Write down three things you're grateful for today.
- How can you let your creativity shine?
- How can you bring yourself back to present when you're feeling overwhelmed or burdened by anxiety?
- What's something nice you've done for your body lately?
- What is something you love about your job? If you're not working, what is something you love about not working?
- What is the greatest gift you've ever received?
- What is a podcast you really like? What do you like about it?
- Compare this May to last May. What has changed? What has stayed the same?
- What is something that is hard for you to do? Is there a way to make it easier?
- What are you reading right now?
- How do you start your day? Is this serving you, or would you like to change it?
- How have you been sleeping lately?

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- Write about a dream that has been sticking with you.
- If you could do anything in the world, what would it be? What's stopping you?
- Write a thank you letter to your parents. Send it, or keep it to yourself.
- How have you been inspired lately?
- Who is your community?
- Describe your perfect weekend.
- What is something that someone told you once that stuck with you? Who was it that told you?
- What is something you're working on right now and excited about?
- How can you spend time in nature this week?
- What is your evening routine like? Is it serving you?
- How can you remind yourself that you are capable, you are present, and you are enough?
- Describe love.
- What is something you're looking forward to in June?



# MAY AFFIRMATIONS

**I am joy.**

**I will step  
into my  
power this  
month.**

**I am strong.**

**My body is  
strong.**

Here's how I will apply these affirmations to my life:

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Create your own affirmations here:

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# MAY JOURNALING

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a unicorn's head. The unicorn has a light-colored coat, a dark eye, and a single horn pointing upwards and slightly to the left. It appears to be peeking over the edge of the paper.

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