

Evening Journaling *to End the Day* in a Positive Way *(for May)*

	S	M	T	W	T	F	S
L A S T D A Y	31 How this month went and what you loved about it.	27 Ordinary & Happy	28 	29 	30 	1 Top three goals for May.	2 Steps to take to achieve your goals for May.
	3 Something fun you did today.	4 How the weekend went.	5 Things that energize you.	6 Positive things to focus on tomorrow.	7 Beautiful things you noticed around you today.	8 Habits you want to change.	9 Something that inspired you this week.
	10 How you've changed in the past 12 months.	11 Your favorite memory from this weekend.	12 Self-care activities that make you feel refreshed.	13 One thing that brought you joy today.	14 Things you can do to make tomorrow a better day.	15 Adventurous things to try this month.	16 Wins from this week you can celebrate.
	17 Moments and things that make you feel cozy.	18 How Mondays make you feel.	19 Things you're grateful for this year.	20 One thing you learned today.	21 What you'd do differently if you re-lived today.	22 Things that surprised you this week.	23 Interesting conversations you had this week.
	24 Things you'd want to say to your past self 5 years ago.	25 Things you're looking forward to this summer.	26 What 'success' means to you.	27 What 'love' means to you.	28 What 'family' means to you.	29 Things you'd want to know if you could see into the future.	30 Meaningful moments from this week.