

Journaling *for* Finding Purpose *this* May



	S	M	T	W	T	F	S
L A S T D A Y	31 How you'd want to be remembered.	27 Ordinary & Happy	28 	29 	30 	1 Things you'd do if you knew you couldn't fail.	2 Times you've most felt like yourself.
	3 Activities that make you lose track of time.	4 Hobbies and activities you enjoyed when you were younger.	5 A time you felt proud of yourself.	6 People who inspire you and why.	7 A past success or achievement that gave you a deep sense of fulfilment.	8 A purposeful action you could do today.	9 Questions you put off asking yourself.
	10 Three examples of 'success' outside of your career.	11 Something you'd do differently if you could go back and why.	12 What motivates you to make decisions.	13 If a friend asked you to help them find purpose, what questions you'd ask.	14 A time you helped or supported someone and how you felt.	15 Ways you could free up some time in your days.	16 What you'd do if you didn't have to work.
	17 The one thing you're most proud of this year so far.	18 What makes today purposeful for you.	19 Times in the last 12 months you've been happiest.	20 What you'd want to learn if time wasn't an issue.	21 Something you can do today to take a step forward in anything.	22 Places you could go to meet new people.	23 Places you could go to find new opportunities.
	24 What your dream day would look like.	25 Activities that bring you joy.	26 The people you care about the most and why.	27 Things you'd regret not doing looking back on your life.	28 Five simple joys that are worth getting up for every day.	29 What you've enjoyed about May.	30 Things you wish you'd done more of in May.