





Journaling Prompts to Reflect on Your Progress This May

	S	M	T	W	T	F	S
L A S T D A Y	31 Ways to build on your success going into next month.	27 	28 	29 	30 	1 Small wins that made you proud this year.	2 A goal you made progress on.
	3 An achievement you didn't expect.	4 Routines that have worked well and why.	5 Feedback that helped you grow.	6 A time you showed up for yourself.	7 A challenge you overcame that was holding you back.	8 A time you trusted your intuition for the better.	9 What you are most proud of doing on your own.
	10 Times you went out of your comfort zone.	11 Something you did you never thought you could.	12 What made you feel powerful this year.	13 A time you felt focused.	14 Decisions that felt true to you.	15 A time you prioritized yourself over what others wanted.	16 New habits you've built or are building.
	17 Old habits you've replaced or are doing less of.	18 Lessons learned from setbacks.	19 Work you've felt proud of.	20 A time you made someone's day better.	21 Something simple you did that made a difference.	22 Times you led or took charge.	23 Times you supported someone.
	24 Something in your life worth celebrating every night.	25 What motivates you when things get challenging.	26 One bold step you're inspired to take.	27 What you've achieved this month (big or small).	28 Progress you made this month on your goals.	29 Something you learned about yourself this month.	30 What you're celebrating about yourself now.