

Daily Self-Care Journaling for May

S	M	T	W	T	F	S
31 Places you can go outside for 'me time' that are easy to get to.	27  Ordinary & Happy	28	29	30	1 Intentions for May.	2 Things that excite you about May.
3 Things that make you unique.	4 Wins from April and why you're proud of them.	5 Things you're looking forward to this year.	6 Activities that help bring you a sense of inner calm.	7 People you're grateful for and why.	8 Something you saw recently that made you feel good.	9 Something you can do today to show yourself more love.
10 Something to let go of.	11 Kind things you can tell yourself on days that haven't gone to plan.	12 Times when everything just felt right and why you think that is.	13 What makes you feel confident.	14 The last thing you did that was really fun and why.	15 Activities you enjoy doing with others.	16 Activities you enjoy doing on your own.
17 What you spend too much time on.	18 A time you surprised yourself with your inner strength.	19 A moment you felt truly loved and supported.	20 Local meet-ups you could go to find connection.	21 Ways to show yourself kindness.	22 An ordinary moment that brought you joy.	23 Times or moments you feel like you're being your true self.
24 Memories that bring you joy and why.	25 What you've loved about spring.	26 What excites you about summer.	27 Times you felt inspired and why.	28 Something you've progressed on this month.	29 What you've enjoyed about May and why.	30 Something you don't give yourself enough credit for.