





31 Days of Setting Intentions in May

| | S | M | T | W | T | F | S |
|---------------------------------|--|---|---|---|--|--|---|
| L A S T D A Y | 31 Simple ways to make the most of summer. | 27  Ordinary & Happy | 28  | 29  | 30  | 1 Simple goals for May | 2 Words to describe the type of May you want. |
| | 3 If you had to pick one thing to make progress on in May, what it would be. | 4 How you want to feel by the end of the week. | 5 Things you can do that your future self at the end of the month will thank you for. | 6 Habits you can do for 5 minutes every day. | 7 Challenges you anticipate and ways you can be proactive about overcoming them. | 8 Ways you can recharge over the weekend. | 9 Simple actions you can take that align with your goals. |
| | 10 Areas of life or activities where you could use more structure. | 11 The outlook you want to bring to this week. | 12 Things you'll say 'no' to more often. | 13 Ways you can reconnect with friends without overcommitting. | 14 Something you're avoiding that needs your attention, and why you're avoiding it. | 15 Identify simple things that are distracting you from what needs to be done. | 16 Unfinished tasks from the week you can still complete. |
| | 17 Ways you can track progress. | 18 Ways you can find more balance during the week. | 19 Positive things you can say to yourself every morning. | 20 Simple ways you can make positive changes at home. | 21 Simple ways you can make positive changes in your local community. | 22 What motivates you to keep going when things are challenging. | 23 If there are habits or routines you didn't keep up this month, what you can do to stick with them in June. |
| | 24 Things you haven't done yet in May that you'll still do by the end of the week. | 25 Ways you can incorporate more outdoor time in your days after work. | 26 Things you're going to do this summer just for you. | 27 What you can leave behind in May to move into summer lighter. | 28 If there are goals you didn't achieve in May, whether they can be taken into June. | 29 Simple goals for June. | 30 Words to describe the type of June you want. |