



31 MINDFUL

MOMENTS FOR MAY

A GENTLE INVITATION TO SLOW DOWN AND SAVOUR THE SEASON

- MAY 1 – STEP OUTSIDE FIRST THING IN THE MORNING AND BREATHE IN THE FRESH AIR.
- MAY 2 – WRITE DOWN ONE THING YOU'RE GRATEFUL FOR TODAY.
- MAY 3 – MAKE A CUP OF TEA OR COFFEE AND SIT DOWN TO DRINK IT SLOWLY, WITHOUT DISTRACTIONS.
- MAY 4 – NOTICE SOMETHING BEAUTIFUL ON YOUR DAILY WALK — A FLOWER, A BIRD, THE WAY THE LIGHT FALLS.
- MAY 5 – SEND A KIND MESSAGE TO SOMEONE YOU HAVEN'T SPOKEN TO IN A WHILE.
- MAY 6 – DECLUTTER ONE SMALL CORNER OF YOUR HOME — JUST A DRAWER, A SHELF, OR A TABLE.
- MAY 7 – LET YOURSELF DO NOTHING FOR TEN WHOLE MINUTES TODAY.
- MAY 8 – PICK A BUNCH OF WILDFLOWERS OR GREENERY AND BRING THEM INSIDE.
- MAY 9 – LISTEN TO A SONG THAT LIFTS YOUR SPIRITS.
- MAY 10 – SIT QUIETLY AND WATCH THE SKY FOR A FEW MINUTES — CLOUDS, STARS, OR SUNSHINE.
- MAY 11 – MAKE A SIMPLE HOME-COOKED MEAL AND SAVOUR IT FULLY.
- MAY 12 – WRITE A HANDWRITTEN NOTE, EVEN IF IT'S JUST FOR YOURSELF.
- MAY 13 – STEP AWAY FROM YOUR PHONE FOR AN HOUR (OR MORE).
- MAY 14 – GO OUTSIDE BAREFOOT FOR A MOMENT AND FEEL THE EARTH UNDER YOUR FEET.
- MAY 15 – CHOOSE ONE THING TO LET GO OF — A WORRY, A GRUDGE, OR A NAGGING TASK.
- MAY 16 – LIGHT A CANDLE DURING DINNER, EVEN IF IT'S JUST FOR YOU.
- MAY 17 – SIT BY AN OPEN WINDOW AND LISTEN TO THE SOUNDS AROUND YOU.
- MAY 18 – TAKE A PHOTO OF SOMETHING THAT MAKES YOU SMILE.
- MAY 19 – READ A FEW PAGES OF A BOOK THAT SOOTHES OR INSPIRES YOU.
- MAY 20 – WATCH THE SUNSET WITHOUT RUSHING OR MULTITASKING.
- MAY 21 – TIDY A SMALL SPACE THAT'S BEEN BOTHERING YOU — AND ENJOY HOW IT FEELS AFTERWARDS.
- MAY 22 – TRY COOKING OR BAKING SOMETHING NEW, JUST FOR FUN.
- MAY 23 – GIVE YOURSELF PERMISSION TO REST WITHOUT GUILT.
- MAY 24 – OPEN A WINDOW BEFORE YOU SLEEP AND LET IN THE FRESH EVENING AIR.
- MAY 25 – REFLECT ON ONE SIMPLE THING THAT BROUGHT YOU JOY TODAY.
- MAY 26 – WRITE DOWN THREE THINGS YOU'VE DONE WELL THIS MONTH.
- MAY 27 – TREAT YOURSELF TO FRESH FLOWERS, A NEW PLANT, OR A WALK AMONG TREES.
- MAY 28 – PRACTICE SAYING "NO" KINDLY IF YOU NEED TO PROTECT YOUR TIME OR ENERGY.
- MAY 29 – WATCH SOMETHING FUNNY THAT MAKES YOU LAUGH OUT LOUD.
- MAY 30 – MAKE A LIST OF THINGS YOU'RE LOOKING FORWARD TO THIS SUMMER.
- MAY 31 – TAKE A FEW MINUTES TO LOOK BACK ON THE MONTH AND THANK YOURSELF FOR SHOWING UP.