


# 31 Mindful Moments for May

Peace is found in the pauses

|                                                                       |                                                              |                                                                                    |                                                                                            |                                                                  |                                                                               |                                                                                   |
|-----------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Step outside first thing in the morning and breathe in the fresh air. | Write down one thing you're grateful for today.              | Make a cup of tea or coffee and sit down to drink it slowly, without distractions. | Notice something beautiful on your daily walk — a flower, a bird, the way the light falls. | Send a kind message to someone you haven't spoken to in a while. | Declutter one small corner of your home — just a drawer, a shelf, or a table. | Let yourself do nothing for ten whole minutes today.                              |
| Pick a bunch of wildflowers or greenery and bring them inside.        | Listen to a song that lifts your spirits.                    | Sit quietly and watch the sky for a few minutes — clouds, stars, or sunshine.      | Make a simple home-cooked meal and savour it fully.                                        | Write a handwritten note, even if it's just for yourself.        | Step away from your phone for an hour (or more).                              | Go outside barefoot for a moment and feel the earth under your feet.              |
| Choose one thing to let go of — a worry, a grudge, or a nagging task. | Light a candle during dinner, even if it's just for you.     | Sit by an open window and listen to the sounds around you.                         | Take a photo of something that makes you smile.                                            | Read a few pages of a book that soothes or inspires you.         | Watch the sunset without rushing or multitasking.                             | Tidy a small space that's been bothering you — and enjoy how it feels afterwards. |
| Try cooking or baking something new, just for fun.                    | Give yourself permission to rest without guilt.              | Open a window before you sleep and let in the fresh evening air.                   | Reflect on one simple thing that brought you joy today.                                    | Write down three things you've done well this month.             | Treat yourself to fresh flowers, a new plant, or a walk among trees.          | Practice saying "no" kindly if you need to protect your time or energy.           |
| Watch something funny that makes you laugh out loud.                  | Make a list of things you're looking forward to this summer. | Take a few minutes to look back on the month and thank yourself for showing up.    |        |                                                                  |                                                                               |                                                                                   |