



MINDFUL May

JOURNALING & REFLECTIONS

Slow down. Notice more.
Be present in the little things.
Reflect with kindness.
Let this month nourish
your mind, heart and soul.



- ♥ What are you most looking forward to this May?

- ♥ What signs of growth or new life are you noticing around you?

- ♥ What would you like to nurture or grow this month?

- ♥ What brings you joy, peace or a sense of renewal right now?

- ♥ How can you spend more time in nature or outdoors this month?

- ♥ What small changes could bring more beauty or ease into your days?

- ♥ What are you ready to let go of to make space for what's next?

- ♥ What goals, dreams or projects are you excited to focus on?

- ♥ Who or what are you grateful for as May begins?

- ♥ What intention would you like to carry with you through this month?



A NOTE TO YOUR FUTURE SELF

May your May be filled with mindful moments,
gentle reflection and the joy of simply
being in this beautiful season.

