

MINDFUL May

A MONTH OF PRESENCE,
REFLECTION & EVERYDAY JOY

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

BE PRESENT



Slow down and
notice the beauty
around you.

REFLECT & JOURNAL



Gentle prompts
to help you reflect,
write and grow.

NOTICE THE SEASON



Appreciate the season's
simple gifts and
changing days.

GRATITUDE & JOY



Celebrate the little
things that bring
joy and meaning.

EVERYDAY MINDFULNESS



Find calm and
presence in everyday
routines.

LOOKING INWARD



Thoughtful reflection
for clarity, purpose
and intention.

1

Spend five minutes
simply noticing
your surroundings.



2

What is bringing
you joy right
now?



3

Photograph
something
beautiful in
nature.



4

Enjoy a cup of
tea without
multitasking.



5

What do you
need more of
in this season?



6

Open the
windows and
notice the
fresh air.



7

Listen carefully
to the sounds
around you.



8

Take a slow walk
without
distractions.



9

What feels heavy
that you could
let go of?



10

Notice how
the evenings
have changed.



11

Make a simple
meal slowly.



12

What has
gone well this
year so far?



13

Spend time
in the
garden.



14

Watch a
sunrise or
sunset.



15

Pause and
notice your
breath.



16

Write down
three things
you're grateful
for.



17

Appreciate
something
ordinary.



18

Bring fresh
flowers
indoors.



19

What are you
learning about
yourself?



20

Tidy a small
space
mindfully.



21

Read for
pleasure.



22

Watch the
clouds
drift by.



23

Tell someone
you appreciate
them.



24

Celebrate
a small
win.



25

Spend time
doing
something
creative.



26

What matters
most right
now?



27

Make a list
of things
bringing you
joy.



28

Take
photographs
of ordinary
moments.



29

Reflect on how
far you've
come this
year.



30

What do you
want to carry
into
summer?



31

Reflect on your
favourite
moments
from May.



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

