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# May Journal Prompts List

MAY 1–15

31 dated questions • May 2027

## Hello, May

01 Saturday, May 1 — May Day: write about one small way you want to welcome this month — a door opened, a window cleaned, a plan made.

02 Sunday, May 2 — What is one thing you want to finish before summer starts? Write the first small step.

03 Monday, May 3 — Describe the light in your home this morning. What did it land on?

04 Tuesday, May 4 — List five sounds of late spring where you live.

05 Wednesday, May 5 — Write about a flower you have noticed recently — where it was, and what it made you think of.

06 Thursday, May 6 — What is one thing you are carrying from April that you would like to set down? Write about putting it down.

07 Friday, May 7 — Write a thank-you note to someone who taught you something that stayed with you.

08 Saturday, May 8 — Describe your perfect slow Saturday in May, hour by hour.

## Hands in the Earth

09 Sunday, May 9 — Mother's Day: write about a woman who helped raise, teach or steady you — a memory, a meal, or five words that describe her.

10 Monday, May 10 — What is growing in your life right now, slowly and without applause? Write about tending it.

11 Tuesday, May 11 — Write about your hands today: what they have held, made, or fixed.

12 Wednesday, May 12 — If your energy this week were weather, what would the forecast say? Write it kindly.

13 Thursday, May 13 — Write about a meal someone cooked for you with love. Who cooked it, and can you still taste it?

14 Friday, May 14 — What is one small corner of your home you could make kinder this weekend? Describe it before and after.

15 Saturday, May 15 — You are halfway through May. What has made you happiest so far this month?