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May Journal Prompts List

MAY 16–31

31 dated questions • May 2027

Hands in the Earth

16 Sunday, May 16 — Write about a walk you want to take this month — the route, the light, and who you would take with you.

Longer Light

17 Monday, May 17 — The evenings are longer now. What would you like to do with one extra hour of daylight?

18 Tuesday, May 18 — Write about something you are learning — a skill, a recipe, a fact about someone you love.

19 Wednesday, May 19 — What does rest look like for you without guilt? Describe one unhurried hour.

20 Thursday, May 20 — List ten small joys available to you this week that cost nothing.

21 Friday, May 21 — Write about a big moment you once celebrated — a graduation, a new job, a move. What do you remember most?

22 Saturday, May 22 — Describe a place in nature that brings you peace, in as much detail as you can.

23 Sunday, May 23 — Write a letter to your future self to open on the first day of summer. What do you hope has changed?

24 Monday, May 24 — What is one boundary that would make your days gentler? Write about keeping it kindly.

Almost Summer

25 Tuesday, May 25 — What are three things you are looking forward to this summer? Write about the smallest one first.

26 Wednesday, May 26 — Write about a song, smell or taste that means summer is coming.

27 Thursday, May 27 — What would you like to do differently in the next season — at work, at school, or at home?

28 Friday, May 28 — Write about someone who makes your life better. Tell them, on the page, exactly how.

29 Saturday, May 29 — Describe a childhood summer memory you would like to visit again for one afternoon.

30 Sunday, May 30 — What is one thing this month taught you about yourself? Write it as a note you will be glad to reread.

31 Monday, May 31 — Memorial Day: end the month quietly — write about someone you want to remember, and one thing you are carrying into June.