

Journal questions for May

1. What does true abundance mean to me at this stage of my life, beyond money or material things?
2. In what ways can I show myself deeper compassion and kindness in my daily routines?
3. What simple moments or experiences bring me genuine joy, and how can I create more space for them?
4. Where in my life do I most need mental clarity, and what distractions might I be ready to release?
5. What passion or desire has been quietly calling to me, waiting for my attention and action?
6. When I become still and calm, what insights or truths begin to surface within me?
7. What brave step am I being invited to take right now, even if it feels uncomfortable or unfamiliar?
8. What habits, beliefs, or situations am I ready to release so that new growth can take root?
9. How do I recognize when my emotions are balanced, and what practices help me return to that state?
10. How does my intuition communicate with me most clearly —through feelings, dreams, signs, or inner knowing?
11. What helps me feel grounded and stable when life feels uncertain or overwhelming?
12. In what ways am I discovering new strengths or abilities within myself this season?
13. As this month unfolds, what commitment am I willing to make to my own growth and becoming?