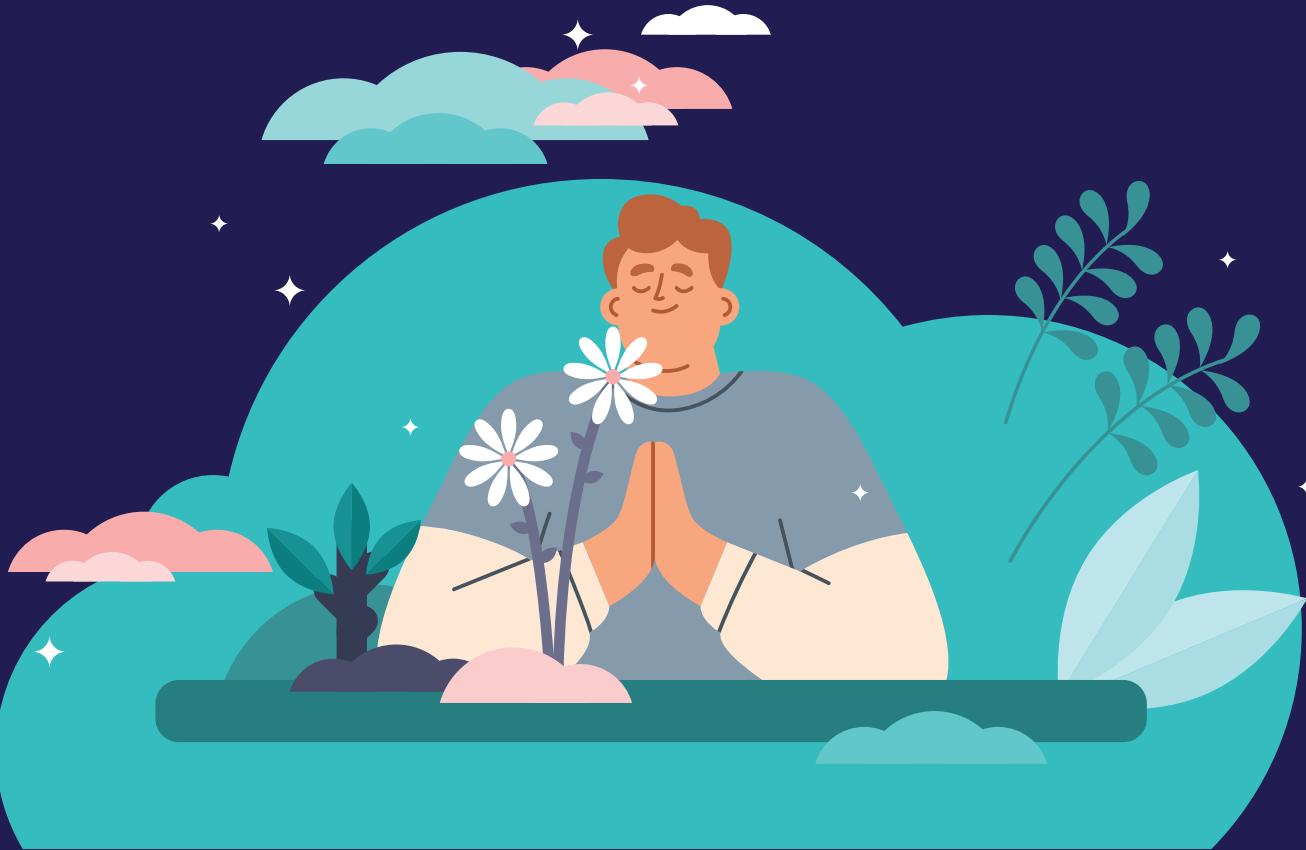


# May Gratitude Calendar 2022





may  
1



**How do you  
celebrate you?**

may  
2



Take 5 minutes to  
just relax.

may  
5



What are you  
thankful for  
today?

may

6



How do you  
address stress in  
your life?

may



**Share a quality  
about you that  
you admire.**



may  
4



**Reflect on an  
accomplishment  
that you have  
achieved.**



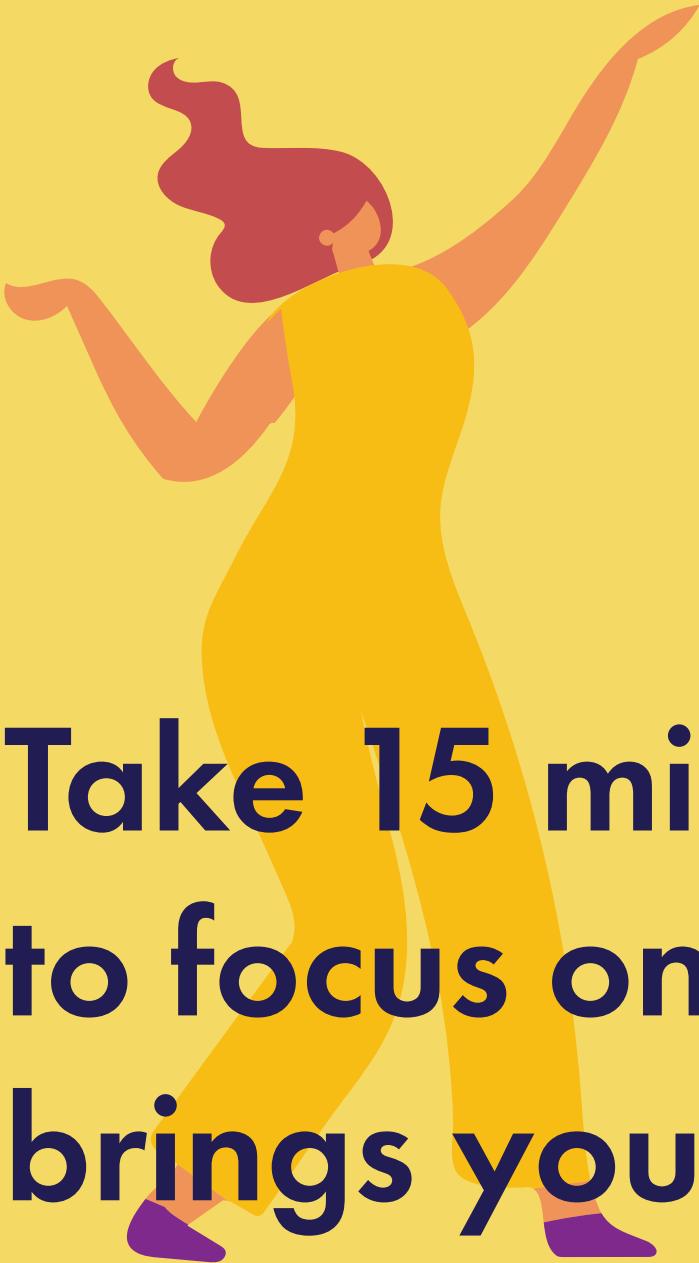
may  
7

What does  
mindfulness mean  
to you?

An illustration of two hands, one in a blue sleeve and one in a yellow sleeve, holding large red hearts. There are also two smaller hearts floating above them. The background is a solid blue color.

may  
8

**In what ways are  
you present  
today?**



may  
9

**Take 15 minutes to  
to focus on what  
brings you joy.**

may

10

OLD  
HABITS



NEW  
HABITS



Share a habit that  
you would like to  
break and why.

may

13



What type of music  
lifts your mood?



may  
14

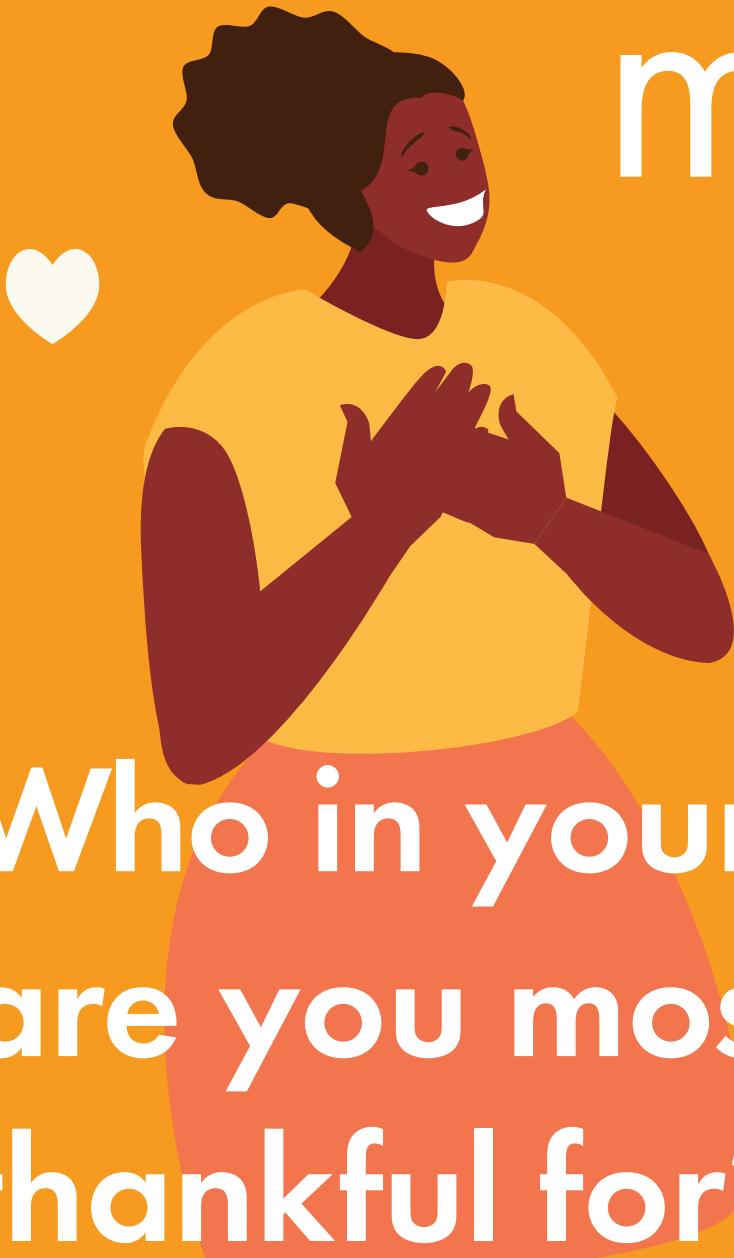
How do you  
practice  
mindfulness?

may

11

An illustration featuring a woman with long black hair, wearing a red long-sleeved shirt and blue pants, standing on the left. To her right is a large, dark silhouette of a superhero in a cape, standing with hands on hips. The background consists of large, overlapping, abstract shapes in shades of blue, purple, and pink. The text 'may 11' is positioned at the top right, and the main question is centered at the bottom.

**What's one small  
change you made to  
better yourself?**



may  
12

Who in your life  
are you most  
thankful for?

♥ may

15



**How do you look  
for the good in  
your life daily?**

may  
16



**Take 10 minutes to  
enjoy your space  
today.**



may  
17

**Share a moment  
that made you  
better.**



How do you find positive solutions to demanding problems?



may  
21

**Remember that you  
are your greatest  
gift.**



may

22

Do you ever take  
yourself for granted?



may

19

**What modern tech  
are you most  
thankful for?**



may  
20

Name one person  
that changed your  
life.

An illustration of a person with long white hair, wearing a purple long-sleeved shirt and dark blue pants, sitting on the floor in a meditative pose. The person is positioned in front of a window with a light green background and brown frame. To the left of the person is a large green plant with heart-shaped leaves. To the right is a white pot containing a green plant. Above the person, a white hanging pot with a green plant is suspended by white strings. The overall background is a solid light green color.

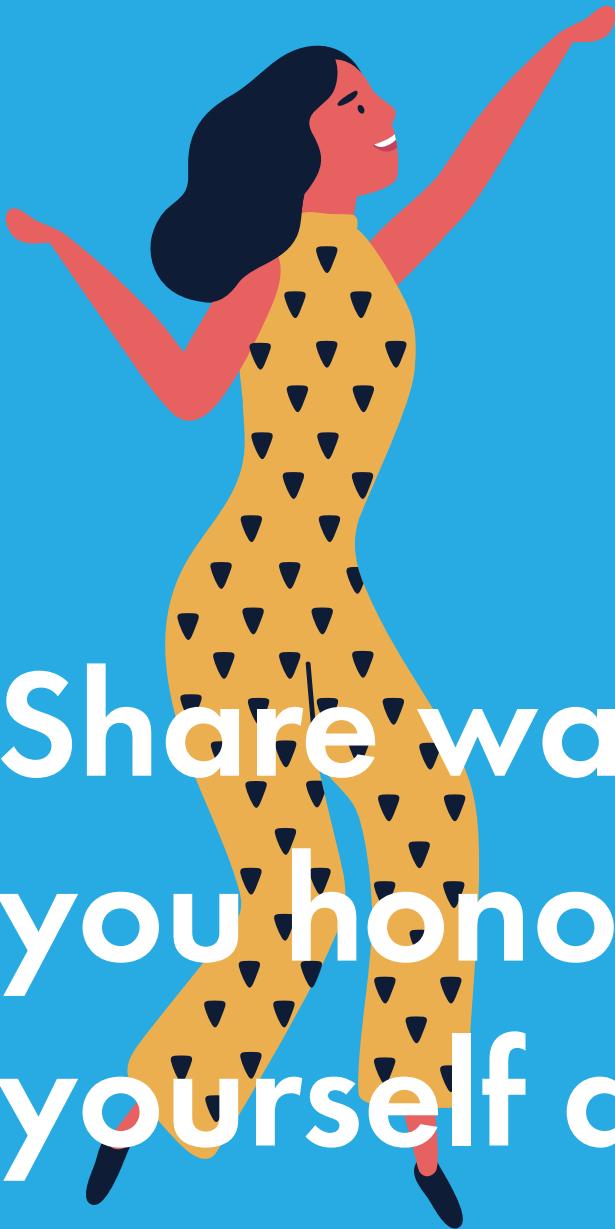
may

23

Sit quietly. Reflect  
on what brings  
you hope.

may  
24

Share ways that  
you honor  
yourself daily.



An illustration of a person with dark, curly hair, wearing a white t-shirt and blue pants, holding a large, light blue trophy. The person is shown from the waist up, facing right. The trophy is a large, two-handled cup. The background is a solid yellow color.

may  
25

**What do you do  
better than  
anyone else?**

A stylized illustration of a woman with dark skin and hair in a bun, performing a yoga pose. She is in a seated position with one leg raised and bent, and her arms are extended upwards. The background features a large, light blue circle behind her, and the overall scene is set against a teal background.

may

26

What ability do you  
have that you are  
most thankful for?



may  
29

Which holiday is  
your favorite?

may

30



Which art form  
inspires you?



may  
27

**What gift do you  
want to give the  
world?**



may  
28

Acknowledge each  
day as a blessing.

may  
31



**Spend 15 minutes  
meditating and  
preparing for June.**