

Meaningful MAY 2022

This month, connect to meaning and what you truly value in life.

These are action and/or reflection points to hopefully inspire your day. Journal at the end of the day or share this activity with your loved ones.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Note down 3 things you're grateful for. Start journaling them or share it with those closest to you	2 Move your body in a way that feels good for you - yoga, walk, dance	3 Write a letter to someone you miss	4 Watch the sunrise or sunset	5 Cultivate present moment awareness - meditate or pray	6 Tell someone how much you love and care for them	7 Prepare your favourite food
8 Make kindness a priority. Help someone at work at or at school	9 Create a music play list you love and enjoy. Sing, dance, bask in it	10 Help support a charity or a project your care about	11 Connect to people who matter to you (in-person)	12 Ask someone what matters to them and why	13 Reflect on what you value most in life and more importantly why	14 Gently pause. Close your eyes, let your shoulders drop, let your hands rest gently on your lap. Simply breathe. Count your breath from 1 to 10
15 Pause, go outside. Take time to look around you. Identify what brings you awe and wonder	16 Identify 2 things you're proud of. Why?	17 Make sleep a priority. Start a bedtime ritual.	18 Practice some calming breaths. Inhale through the nose, and exhale through the mouth.	19 Remember a time when you were brave. Reflect on it. Can you tap into courage in your day to day life?	20 Meet a friend and take the time to listen to him/her. Withhold giving advise, just simply listen. Be present for others.	21 Give your inner critic a name. Remember you are so much more than your thoughts
22 Express gratitude to someone who has helped you along the way - dear friend, mentor, family member	23 Check your phone for photos that signify or bring you joy. Print them out and frame them at home.	24 Go through your closet, and cupboards. Donate those that you no longer use. Let go, and release.	25 Go phone free for a few hours, even a day!	26 Create healthy boundaries. Saying no is ok. This means you're saying yes to you.	27 When was the last time you did something fun? Re-ignite fun and do it! You deserve it.	28 Visit an inspiring and meaningful place
29 What is your most important value? Use it today	30 Find out about other cultures. Get curious	31 Continue to re-connect to what brings meaning in your life day to day				

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