



# MAY JOURNAL PROMPTS

1. How are you feeling right now?
2. List the successes you want to celebrate from last month
3. What is one thing you hope we learned as a world and/or community from this time?
4. Make a list of all the things that made you happy today
5. What were your top 3 (or more) favorite shows that you binge watched
6. Did you try any new activities? If so, what did you try and would you keep doing this? If no, what is something you now want to try to do?
7. What was your go to snack or meal?
8. I am thankful for...
9. I appreciate and why
10. What's on your mind right now?
11. One thing I was taking for granted
12. Share one of the benefits from this time at home
13. What and who did you miss?
14. How did your social media intake change?  
What will you do differently in the future?
15. What personal changes do you want to make once the time at home is over?