



May
2017

May 2017 - Month of many Celebrations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Celebrations of May Day - how will you celebrate?	2 Today choose 1 thing about you to celebrate	3 To celebrate is to honour - honour something today	4 May the fourth be with you. What is your power?	5 How can you share your strengths today?	6 What's your greatest talent or skill?	7 Join the World Laughter day and giggle
8 How does it feel to giggle, have fun and laugh?	9 What makes you laugh the most?	10 Choose a picture for your phone to make you smile	11 What if you gave out smiles freely today?	12 Fun Friday - fill it with joy today, it's the weekend	13 How will you play this weekend?	14 Many countries honour Mothers today, share love
15 Motivation Monday, start your week right		17 Wake up to a positive thought & repeat often today	18 Affirm, 'As I build positivity, I feel happier'	19 It's that Friday feeling - how will you celebrate?	20 Have you noticed the day's length changing?	21 What changes do the seasons have on you?
22 As you enter a new week, set a happy intention	23 Be kind to someone today - starting with you	24 When looking at others, see their goodness & smile	25 Today decide to suspend any judgement	26 Choose love today and let fears and anger go	27 Weekend chores or time to balance with friends?	28 Honour important people in your life today
29 Start your week with a positive thought about you	30 Tempus fugit - practise being in the moment	31 Reflect back on May's lessons and insights				