



Monthly Motivators

May 2024



GOAL:

Experience joy 5 days per week!

Use the calendar to keep track and the prompts to help you explore what brings you joy!

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Use the questions to discover what brings you joy:

- What brings a smile to your face?
- What makes you lose track of time?
- Who do you enjoy spending time with?
- What is one thing you can talk about for hours?
- What lifts you up without spending any money?
- What made you happy as a child or young adult?