



# May 2020

SUN

MON

TUE

WED

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FRI

SAT

					01 Favorite aspect of the Month of May	02 Nature Element
03 3 Things You Are Most Thankful for From Last Week	04 May the 4th Be With You! 4 Random Gratitudes.	05 <i>Happy Cinco di Mayo!</i> What spices up your life? Show gratitude for these things/people/memories today.	06 A hardship that taught you a lesson.	07 People in your life who supported you during a tough time.	08 Take one of your favorite objects. Think of all of the people whose energy went into making this object. Show gratitude!	09 A warm memory you had with a Mother Figure.
10 <i>Happy Mother's Day!</i> 3 Things You Are Thankful for In Regards to Your Mom or Mom figure.	11 3 Characteristics within yourself you are most thankful for.	12 3 Parts of Your Body You Are Most Thankful For.	13 Your Sense of Smell.	14 Your Sense of Taste.	15 Your Sense of Touch.	16 Your Sense of Sight.
17 Your Sense of Sound.	18 Movement.	19 Feet.	20 Legs.	21 Torso.	22 Arms.	23 Hands.
24 Neck.	25 Head.	26 3 Things You Are Thankful for Acknowledging this past week.	27 The feeling of Love.	28 The feeling of Sadness.	29 The feeling of Wholeness.	30 The feeling of Releasing.
31 3 Feelings You Are Most Thankful For	Thanks for Joining! See you at Sunrise!					



## Rebirth

Just as Nature is reborn in Spring, so too are we.

## Jain

Follow along on Insta Stories @Zen\_Mornings for daily reflections to accompany this calendar.