

MAY

- 1.What is happening in your life right now?
- 2.How has your life changed since last May? What have you learned?
- 3.List all the expected changes that will happen this month.
- 4.List all the unexpected changes that might happen this month. How will you manage these unannounced changes?
- 5.How does change make you feel? Why?
- 6.What transition are you currently going through?
- 7.What are you letting go this season? What are you welcoming?
- 8.Write a letter to your younger self about your top 3 lessons in life.
- 9.Which was your best phase in life and why?
- 10.What change(s) are you currently resisting, and why?
- 11.With the current direction that you're heading, what positive or negative changes do you foresee happening to your life?
- 12.Write about a recent transition that challenged your sense of identity.
- 13.Describe a tough life transition that was a blessing in disguise.
- 14.What challenges did you experience to become the person you are today?
- 15.What's been difficult to release but you know you must let go?
- 16.What do you need to change to manifest your dream life?
- 17.What surprises has this season brought you?
- 18.Describe a transition that prompted you to set new goals or aspirations for yourself.
- 19.At what point in your life would you want to "freeze"? Why?
- 20.How has your mental and physical health changed in the last 2 years?
- 21.What's missing in your life right now? What would change if that missing thing was found?
- 22.Which area of your life needs the most change? Why?
- 23.What is your most memorable childhood transition?
- 24.What recurring theme in your life are you tired of seeing? What would you like to see instead?
- 25.How are you enjoying the current phase of your life?
- 26.Describe a recent life transition. How did you cope with this change?
- 27.How do you prioritise self-care during times of change?
- 28.How has change changed you? List all your growth experiences.
- 29.Reflect on a transition that tested your relationships with others. How did you maintain or adjust these relationships?
- 30.In what ways can you expand your comfort zone this season?
- 31.What's one change in your life that could be the catalyst for all your desired changes?