



MAY TRANSMISSION JOURNAL PROMPTS

Reflect on Your Relationship with Abundance:

- How do you define abundance in your life?
- What beliefs or perceptions do you hold about your worthiness to receive abundance?
- Identify any barriers or limitations you may have created that hinder the flow of abundance into your life. How can you begin to release or transcend these barriers?

Cultivating Gratitude:

- Take a moment to list five things you are grateful for in your life right now.
- How does practising gratitude shift your perspective from scarcity to abundance?
- In what ways can you incorporate a daily gratitude practice into your life to cultivate a deeper sense of abundance consciousness?

Embracing Change and Adaptability:

- Reflect on a recent change or transition in your life. How did you initially respond to this change?
- How can you adopt a more open and flexible mindset, akin to the energy of Gemini season, when faced with unexpected shifts or opportunities for growth?
- Explore how embracing change can lead to new beginnings and expanded possibilities in your life.

Giving Without Expectation:

- Recall a recent act of kindness or generosity that you extended to others. How did it make you feel to give freely, without expecting anything in return?
- Reflect on any attachments or expectations you may have when giving to others. How can you release these attachments and embody a more selfless approach to giving?

Nurturing Self-Worth:

- Explore your perception of self-worth and deservingness. How do you currently value yourself?
- Identify three affirmations or mantras that resonate with your sense of self-worth. How can you incorporate these affirmations into your daily self-care routine?

Opening Your Heart:

- Reflect on a recent moment when you experienced vulnerability or allowed yourself to receive love and support from others. How did it feel to open your heart in this way?
- Consider how you can cultivate a deeper sense of compassion and empathy towards yourself and others. What practices or rituals can you implement to foster an open-hearted approach to life?

These journal prompts are designed to encourage introspection, self-discovery, and alignment with the themes of abundance, gratitude, change, and compassion highlighted in the May transmission. Enjoy your journey of exploration and reflection!