

# May Theme: Bloom

A season of growth, expansion, and stepping fully into who you're becoming.

## May Energy + Moments

### Moon Phases

- Full Moon – May 1
- New Moon – May 16

### Seasonal Shift

- Mercury Retrograde – May 10–31

### Zodiac

- Taurus → ground, build, indulge
- Gemini → think, speak, explore

### Cultural Dates

- Mental Health Awareness Month
- May 1 → Beltane
- May 17 → International Day Against Homophobia, Transphobia, and Biphobia.

## Word of the Month: Bloom

### Journal Prompt

Where am I ready to take up more space?

### Affirmation

I'm allowed to take up space, grow slowly, and still call it progress.

## Creative Challenge

### Make It Full

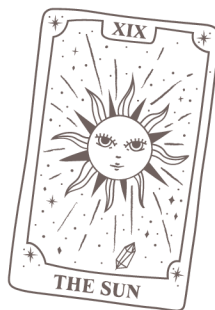
Create something that feels more like you.

More color, more layers, more expression  
no rules, just fullness.

## Tarot Card

### The Sun

Energy of joy, clarity, and creative expansion



## Crystal

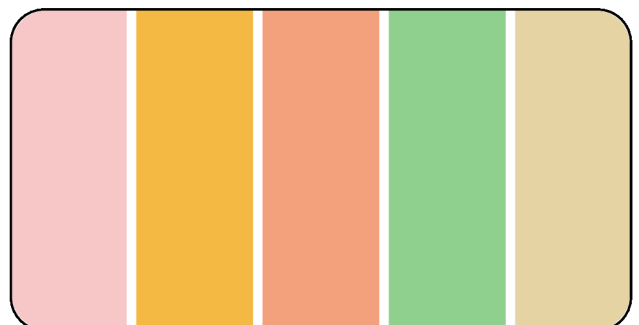
### Jade

growth, prosperity, blooming energy



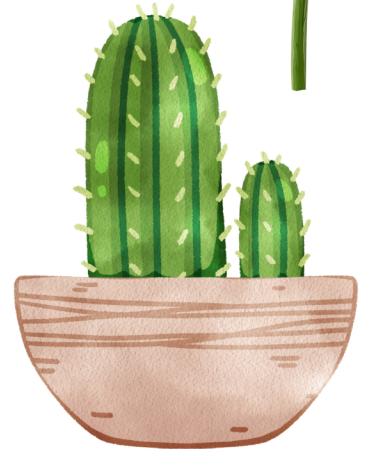
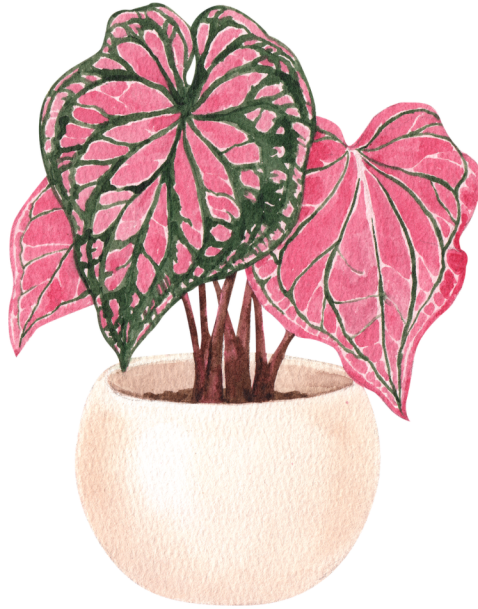
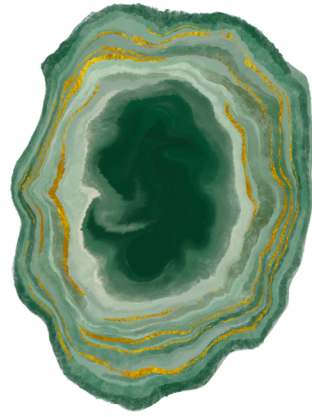
## Color Palette

- **Blush Petal:** softness, openness
- **Marigold Glow:** joy, vitality, expansion
- **Sunwashed Peach:** warmth, confidence, ease
- **Fresh Meadow:** growth, renewal, flow
- **Warm Sand:** grounding, stability, rooted evolution



YOU  
got  
THIS

LEARN  
AS YOU  
GROW



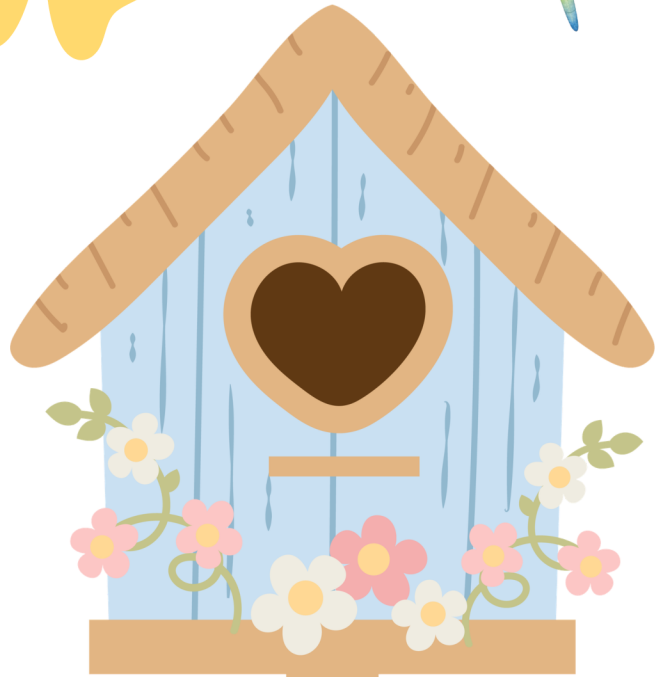
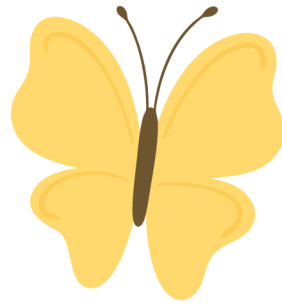
LOVE  
YOUR  
MIND

GROW  
YOUR  
MIND!

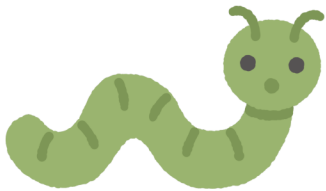
BE GENTLE  
WITH  
YOURSELF

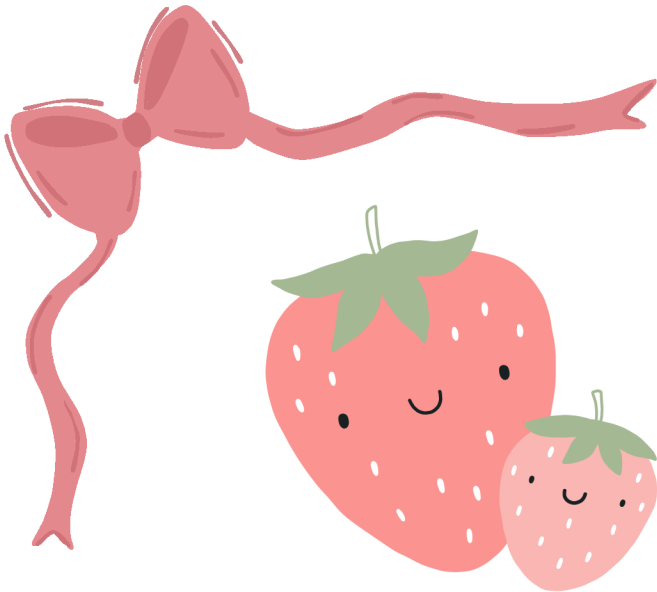
Just  
Keep  
Growing





May





*Mother's Day*

