



MAY 2026  
WORKBOOK

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*May Mantra:*

I embrace curiosity, express myself freely, and remain open to growth, change, and connection.

“Keep your face always toward the sunshine—and shadows will fall behind you.”

— Walt Whitman

*keywords this month:*

Curiosity · Communication · Expansion · Connection · Possibility

The themes this month are expansion, communication, and exploration.

May builds on the steady foundation of April and begins to open things up. Taurus season invites us to continue tending what we've planted—staying grounded in our values and creating stability. As the Sun shifts, the energy becomes lighter, more social, and mentally active. Ideas begin to flow, conversations spark new directions, and opportunities emerge through connection. May reminds us that growth isn't only about roots—it's also about reaching outward, learning, and allowing ourselves to evolve.



My intention for this month is:

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Here are three ways I plan to take action toward this goal:

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“Be willing to be a beginner every single morning.”  
— Meister Eckhart



When I meet this goal, I will feel:

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This will change my life in this way:

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### *Notable dates & energies:*

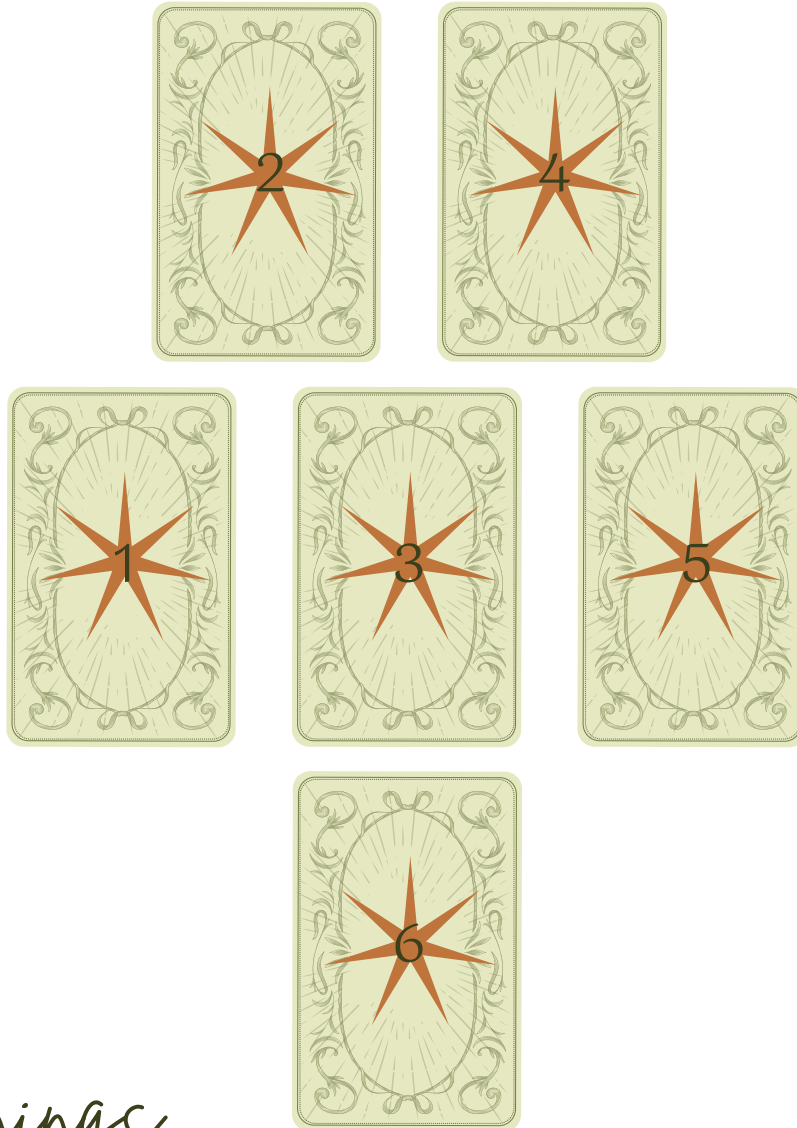
- May 1st · Full Moon in Scorpio
- May 9th · Last Quarter Moon in Aquarius
- May 16th · New Moon in Taurus
- May 23rd · First Quarter Moon in Virgo
- May 31st · Full Moon in Sagittarius

### *Journaling prompts for May:*

- What am I curious about right now?
- Where am I being invited to expand or explore?
- How can I express myself more authentically?
- What connections or conversations feel aligned and energizing?

# MAY TAROT SPREAD

## The Pathways Spread



### *meanings*

1. Where am I right now?
2. What new path is opening for me?
3. What is influencing my choices?
4. What opportunity should I explore
5. What may distract or scatter my energy?
6. What will lead me forward with clarity?



A 6-card spread to help you navigate choices, follow curiosity, and move forward with clarity and intention as new pathways unfold.