

Hello, May!

The **#GlobalYou365 Challenge** is meant to spark reflection on who you are and what you want, now that you've been abroad. This self-knowledge will give you a clearer vision for creating your ideal global life at home and abroad. This challenge is intended to be simple and fun, and there's no right or wrong way to do it. So have fun with it and enjoy the process!

- On the first of the month, start with prompt #1. There's one prompt for each day of the month.
- To have easy access to the daily prompts, you can print out this page, cut out the list of prompts to the right, and tape the list to a page in your journal. Or print the list on a page of clear or white labels (use the label download), and stick one label on each page of your journal.
- There are unlimited ways to respond to the daily prompts! Write a paragraph, make a list, jot down keywords, doodle...go simple or get creative!
- At the end of the month, look back at what you wrote. What themes or patterns do you see? What are you learning about yourself? Jot down your observations on a page in your journal.
- **I'm hanging out in our Re-Entry Relaunchers Unite! Facebook community** these days, so join us there to share your journal, memories, and tips: <https://www.facebook.com/groups/smallplanetstudio/>

[Small Planet Studio](#) is a personal and professional development company that provides services for global adventurers who have been changed by living and traveling abroad and don't want to readjust to the status quo of the home they left behind. Our goal is to help global adventurers create *global lives* so they can flourish at home and abroad. The key to that is understanding how to find your global life ingredients and use them to create a meaningful, satisfying, and sustainable global life that fits you as perfectly as your favorite travel shoes. *Special thanks for Kerianne Baylor for suggesting some of May's prompts!*

Cut on the dotted line →

#GlobalYou365 // May

1. Favorite memories from April
2. What I like about flying
3. What I dislike about flying
4. How I define "Treat Yo Self"
5. What makes me laugh
6. Early riser or night owl
7. My favorite part of travel
8. My favorite outdoor market
9. What I can see from where I am
10. How I spent the weekend
11. My to-do list for today
12. I wish I could...
13. Best drink I've had abroad
14. My longest flight.
15. I love where I live because...
16. Something I never want to do
17. My favorite sound
18. Road trips I want to do
19. My favorite TV show
20. Favorite travel planning resource
21. When I fall asleep at night...
22. My perfect climate is...
23. The weather today
24. My favorite word
25. My funniest language fail
26. What I collect on my journeys
27. What I'm reading right now
28. My first time abroad...
29. Food I'd never try
30. Favorite airport
31. What I'm looking forward to next month

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