

May 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

Rest
What are you making for Sunday night dinner?

5

Imagine what you can do in your small community to offer help and support. Research ideas.

6

Research supports quality over quantity in relationships. Invest time in someone really important to you.

7

Write a letter to your local representative to thank them for their work and offer a suggestion.

8

Try this practice and get better at talking to your kids about civic issues.

9

List 3 things that are meaningful to you. Make a plan to pursue each one by one.

10

PLAY
Volunteer! Reach out to a local organization or friend who needs help.

11



Rest
Mother's Day
Call Your Mom! Or Aunt or Grandma or a woman who loves you.

12



Listen to With & For New Episode Today!
with Mona Siddiqui on gratitude, hospitality and curiosity.

13

Talk to a stranger when you commute or in the elevator. Ask questions. Research shows that it will improve your mood.

14

Are you interested in learning more about Islam? Here is a guide to help you understand followers of the faith.

15

Learn more about the practice of hospitality by reading this interview with Siddiqui.

16

Invite friends for dinner in your home if you are able. Set the table, make simple food, and enjoy.

17

PLAY
Board game night? Explore a favorite or find a new game to play.

18

Rest
and Relax at home with family.

19

Do you have a community where you feel you are known and where you can use your talents? Find one.

20

Maintaining good relationships takes effort. Work on the skill of perspective-taking.

21

When you are talking with a friend or your partner, adopt the practice of saying, "tell me more..."

22

Do you have a mindfulness practice? How might you incorporate one in your life? Class? Yoga?

23

Need a quiet day? Go for a walk by yourself, read a book, look out the window, practice yoga, journal.

24

PLAY
Visit a museum. LACMA has some great things planned this spring.

25

Rest
What are you looking forward to in this next season? Discuss with a friend or family.

26



Listen to With & For New Episode Today!
with Terry Hargrave on restoring broken relationships.

27

There are many types of humility. Explore them here and then consider how you might apply them.

28

Read The Mindful Marriage You don't have to be married to learn more about you.

29

Mid-week date night? Ask your partner or a close friend what they would like to explore. Get curious.

30

What are you cooking this weekend? Come up with ideas at your farmer's market or local grocery.

31

PLAY
Take a tour. Maybe a studio tour or a local winery. Explore!

LISTEN TO S2 OF THE WITH & FOR PODCAST HERE



Happy Mother's Day

Sunlight to grow towards.