



MAY VISION BOARD

MAY GOALS

FOCUS

GOAL 1

GOAL 2

GOAL 3

STEPS

STEPS

STEPS

WHAT HABITS DO I NEED TO CHANGE TO ACHIEVE MY GOALS

DAILY CONTENT PROMPTS

- May 1: Share your monthly goals and intentions.**
- May 2: Behind-the-scenes of your workspace or creative process.**
- May 3: A motivational quote and why it inspires you.**
- May 4: Share a customer testimonial or success story.**
- May 5: Teach your audience something new (tutorial, tip, or hack).**
- May 6: Promote your best-selling product or service.**
- May 7: Highlight a tool or resource you love using.**
- May 8: Share a before-and-after transformation (product, service, or personal).**
- May 9: Introduce yourself and share a fun fact.**
- May 10: Answer a frequently asked question from your audience.**
- May 11: Throwback post—share an old success or milestone.**
- May 12: Offer a freebie, discount, or limited-time offer.**
- May 13: Talk about a challenge you've overcome in your business.**
- May 14: Share a behind-the-scenes look at your creative process.**
- May 15: Collaborate with another creator or business.**
- May 16: Post a poll or survey to engage your audience.**
- May 17: Showcase user-generated content or customer photos.**
- May 18: Promote a blog post, podcast, or video you've created.**
- May 19: Discuss an industry trend or hot topic.**
- May 20: Share a quick tip your audience will love.**
- May 21: Feature a testimonial or customer review.**
- May 22: Host a mini giveaway or contest.**
- May 23: Share a book, podcast, or article you recommend.**
- May 24: Post a sneak peek of something new you're working on.**
- May 25: Create a fun challenge for your audience to join.**
- May 26: Reflect on your biggest lesson learned this month.**
- May 27: Share a favorite productivity or business tool.**
- May 28: Promote an upcoming event, webinar, or launch.**
- May 29: Engage with a Q&A session—answer follower questions.**
- May 30: Wrap up the month—celebrate your wins and plan for June!**
- May 31: Share your favorite moment from the month.**

MAY CONTENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2	3
4	5 Cinco De Mayo	6	7	8	9	10
11 Mothers Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31
		1	2	3	4	5

WEEKLY PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes:

WEEKLY PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes:

WEEKLY PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes:

WEEKLY PLANNER

Monday

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Saturday

Sunday

Notes:

WEEKLY PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes:

MAY 2025 HOLIDAYS & NATIONAL DAYS

- **May 1:** Law Day, Loyalty Day, National Day of Prayer, May Day, School Principals' Day, Global Love Day, World Password Day, Lei Day, Haitian Heritage Month begins, National Chocolate Parfait Day
- **May 2:** National No Pants Day, National Space Day, Astronomy Day, National Truffle Day
- **May 3:** Free Comic Book Day, Garden Meditation Day, Herb Day, Kentucky Derby Day, Lumpy Rug Day
- **May 4:** Star Wars Day ('May the Fourth Be With You'), Bird Day, National Orange Juice Day
- **May 5:** Cinco de Mayo, National Astronaut Day, National Hoagie Day
- **May 6:** National Nurses Day, National Teacher Day, International No Diet Day, National Tourist Appreciation Day
- **May 7:** National Roast Leg of Lamb Day
- **May 8:** Coconut Cream Pie Day, Have a Coke Day
- **May 9:** National Moscato Day, Lost Sock Memorial Day
- **May 10:** National Clean Up Your Room Day, National Shrimp Day
- **May 11:** Mother's Day, Eat What You Want Day, Twilight Zone Day
- **May 12:** International Nurses Day, National Limerick Day, Vesak (Buddhist holiday)
- **May 13:** National Apple Pie Day, National Frog Jumping Day
- **May 14:** National Dance Like a Chicken Day
- **May 15:** Peace Officers Memorial Day, International Day of Families, National Chocolate Chip Day
- **May 16:** National Bike to Work Day, Love a Tree Day, National Mimosa Day
- **May 17:** Armed Forces Day, National Cherry Cobbler Day, World Hypertension Day
- **May 18:** International Museum Day, No Dirty Dishes Day, Visit Your Relatives Day
- **May 19:** National Devil's Food Cake Day
- **May 20:** National Rescue Dog Day, World Bee Day, Weights and Measures Day
- **May 21:** National Strawberries and Cream Day, National Memo Day
- **May 22:** National Maritime Day, World Goth Day, International Day for Biological Diversity, Red Nose Day
- **May 23:** World Turtle Day, Lucky Penny Day
- **May 24:** National Scavenger Hunt Day, National Brother Day
- **May 25:** National Wine Day, Towel Day, Geek Pride Day
- **May 26:** Memorial Day (Federal Holiday), National Paper Airplane Day
- **May 27:** National Grape Popsicle Day, Sunscreen Day
- **May 28:** National Hamburger Day, National Brisket Day, World Hunger Day
- **May 29:** Ascension Day, International Day of UN Peacekeepers, National Biscuit Day
- **May 30:** National Creativity Day, National Mint Julep Day, World MS Day
- **May 31:** World No Tobacco Day, National Macaroon Day, National Smile Day