



ROOTED & REFLECTIVE

Monthly + Weekly Reflection Packet



May 2026 — Becoming Whole in Your Calling

May is a month of stepping forward. Here, you name who you are becoming, honor the calling God has been forming in you, identify your contribution, and commit to what lies ahead. This is where clarity becomes movement and identity becomes action. May helps you walk into your calling with confidence, purpose, and steadiness.

DECEMBER 1, 2025

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START OF MONTH – THEME SETTING

Name the season. Establish focus. Align your posture.

Month: May 2026

Monthly Theme: Becoming Whole in Your Calling – Step into your identity with confidence, purpose, and steadiness.

Scripture / Anchor Verse: Eph. 2:10; Isaiah 43:19; Romans 12:6–8; Phil. 1:6

1. Why This Theme Matters Right Now

2. What I Sense God Is Developing in Me This Month

3. What I Want to Experience This Month

4. What I Will Prioritize

5. What I Will Release

6. Monthly Intention Statement

7. Opening Prayer for the Month

BEFORE – WEEKLY INTENTION

Set focus. Establish rhythm. Begin centered.

Name: May 2026

Week: Week 1 Identity

Theme: Name who you are becoming and why.

1. What I Need This Week

2. What I Want to Cultivate

3. My Intention for the Week

4. What I Will Release

5. Support I Will Give Myself

6. Prayer of Intention

MID-WEEK STUDY REFLECTION

Pause. Listen. Realign.

Name: May 2026

Week: Week 1 Identity

Theme: Name who you are becoming and why.

1. What I'm Learning

2. What God Is Highlighting

3. Where I Feel Tension or Resistance

4. Where I Sense Invitation

5. Mid-Week Centering Prayer

AFTER – WEEKLY REFLECTION

Review the week. Notice growth. Return to center.

Name: May 2026

Week: Week 1 Identity

Theme: Name who you are becoming and why.

1. What Shifted

2. What Grounded Me

3. What Surfaced

4. A Small Step Forward Will Release

BEFORE – WEEKLY INTENTION

Set focus. Establish rhythm. Begin centered.

Name: May 2026

Week: Week 2 Calling

Theme: Document how God has shaped your direction this year.

1. What I Need This Week

2. What I Want to Cultivate

3. My Intention for the Week

4. What I Will Release

5. Support I Will Give Myself

6. Prayer of Intention

MID-WEEK STUDY REFLECTION

Pause. Listen. Realign.

Name: May 2026

Week: Week 2 Calling

Theme: Document how God has shaped your direction this year.

1. What I'm Learning

2. What God Is Highlighting

3. Where I Feel Tension or Resistance

4. Where I Sense Invitation

5. Mid-Week Centering Prayer

AFTER – WEEKLY REFLECTION

Review the week. Notice growth. Return to center.

Name: May 2026

Week: Week 2 Calling

Theme: Document how God has shaped your direction this year.

1. What Shifted

2. What Grounded Me

3. What Surfaced

4. A Small Step Forward Will Release

BEFORE – WEEKLY INTENTION

Set focus. Establish rhythm. Begin centered.

Name: May 2026

Week: Week 3 Contribution

Theme: Define how you want to serve others through writing and leadership.

1. What I Need This Week

2. What I Want to Cultivate

3. My Intention for the Week

4. What I Will Release

5. Support I Will Give Myself

6. Prayer of Intention

MID-WEEK STUDY REFLECTION

Pause. Listen. Realign.

Name: May 2026

Week: Week 3 Contribution

Theme: Define how you want to serve others through writing and leadership.

1. What I'm Learning

2. What God Is Highlighting

3. Where I Feel Tension or Resistance

4. Where I Sense Invitation

5. Mid-Week Centering Prayer

AFTER – WEEKLY REFLECTION

Review the week. Notice growth. Return to center.

Name: May 2026

Week: Week 3 Contribution

Theme: Define how you want to serve others through writing and leadership.

1. What Shifted

2. What Grounded Me

3. What Surfaced

4. A Small Step Forward Will Release

BEFORE – WEEKLY INTENTION

Set focus. Establish rhythm. Begin centered.

Name: May 2026

Week: Week 4 Commitment

Theme: Choose a project to complete over summer and set clear goals.

1. What I Need This Week

2. What I Want to Cultivate

3. My Intention for the Week

4. What I Will Release

5. Support I Will Give Myself

6. Prayer of Intention

MID-WEEK STUDY REFLECTION

Pause. Listen. Realign.

Name: May 2026

Week: Week 4 Commitment

Theme: Choose a project to complete over summer and set clear goals.

1. What I'm Learning

2. What God Is Highlighting

3. Where I Feel Tension or Resistance

4. Where I Sense Invitation

5. Mid-Week Centering Prayer

AFTER – WEEKLY REFLECTION

Review the week. Notice growth. Return to center.

Name: May 2026

Week: Week 4 Commitment

Theme: Choose a project to complete over summer and set clear goals.

1. What Shifted

2. What Grounded Me

3. What Surfaced

4. A Small Step Forward Will Release

END OF MONTH – REFLECTION & REVIEW

Look back. Notice growth. Close the month with clarity.

Month: May 2026

Theme: Becoming Whole in Your Calling – Step into your identity with confidence, purpose, and steadiness.

1. What Changed in Me

2. What God Highlighted This Month

3. What I Struggled With

4. What Supported My Spiritual Health

5. What I Want to Carry Forward

6. What I'm Leaving Behind

7. Closing Gratitude & Prayer
