

\_\_\_\_\_ :: Physical

How does My One Word manifest in my life this way?

Currently (and how do I feel about that?)	I'm Going to Try This (*no commitment, no strings!)

# \_\_\_\_\_ :: Emotional

How does My One Word manifest in my life this way?

<p>Currently (and how do I feel about that?)</p>	<p>I'm Going to Try This (no commitment, no strings!)</p>

\_\_\_\_\_ :: Spiritual

How does My One Word manifest in my life this way?

<p>Currently (and how do I feel about that?)</p>	<p>I'm Going to Try This (no commitment, no strings!)</p>

# \_\_\_\_\_ :: Social

How does My One Word manifest in my life this way?

<p>Currently (and how do I feel about that?)</p>	<p>I'm Going to Try This (no commitment, no strings!)</p>

\_\_\_\_\_ :: Play

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# \_\_\_\_\_ :: Financial

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# \_\_\_\_\_ :: Intellectual

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# \_\_\_\_\_ :: Creative

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# \_\_\_\_\_ :: Professional

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# \_\_\_\_\_ :: Material

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\*(no commitment, no strings!)

I don't know about you, but as soon as there are rules, requirements, regulations, or expectations around something...I shrink from it. Because:

:: what if I don't like it?

:: What if it's not me?

:: What if I totally fail at X,Y,Z?

:: Worse yet—what if I stick with it out of obligation, even if it's not meaningful?

That's not what this One Word thing is about...

So, the right-hand column is a place to experiment, wonder, hold yourself accountable to Exploration with a capital E.

And that's it! That's all!