

Choose Your Word

Without overthinking, jot your answers in as few words as possible. What rises to the top? Is there a word or idea that's speaking to you?

What do you want more of in
your one wild + precious
life?
What brings you joy?

What do you want less of in
your one wild + precious
life?
What sucks your energy?

With no boundaries, limits,
or rules, what do you dream
about doing? Being?

What holds you back from
doing, being, what you dream?