

Choose Your Word.

Let's start by answering the following prompts. Find a quiet space, and do your thing to make it yours. Close a door, light a candle, run a diffuser. Start with a breath or a mantra or a prayer. Then, without overthinking it, jot your answers in as few words as possible.

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, all that you
dream?