

Word Bank

After considering the questions on Choose Your Word, which of the following speak to who you want to be in your one wild + precious life?
Circle or highlight as many words as you wish.



ADVENTURE	LOVE	CLIMB
HEAL	FOCUS	CREATE
GIVE	PRESENT	SPACE
REST	FLEX	BELIEVE
MAGIC	NOURISH	LEARN
FAITH	INTENTION	RECOVER
REMEMBER	CONNECT	EXPLORE
GRACE	DREAM	MOVE
CHALLENGE	NURTURE	THRIVE
AUTHENTIC	RISK	CHOOSE
WOW	ADAPT	RISE
REACH	POTENTIAL	STAY
CURATE	SHINE	SAVOR
PAUSE	ACCEPT	VISION
OPEN	CELEBRATE	TRUST
MANIFEST	BALANCE	YES
POSSIBILITY	PRIORITIZE	SLOW

STRIVE	LEAP	LIVE
CARE	CAPABLE	RESOLVE
CONQUER	BRAVE	BEGIN
JOY	SIMPLE	SHARE
ABUNDANCE	CONFIDENT	LIGHT
SURRENDER	MINDFUL	MAKE
PRAY	HUMILITY	DARE
LAUGHTER	FREE	GROW
RESILIENT	GRATITUDE	APPLY
LESS	PLAY	PASSION
COMMIT	LAUNCH	BE

When you finish, you may notice you've circled synonyms or words that are otherwise related, and you don't know how to narrow it down to one. Don't get stuck here!

For example, you might have circled PAUSE, REST, GRACE, HEAL and SURRENDER. If you choose REST, be assured that PAUSE and SURRENDER and GRACE and HEAL are very much a part of REST. They will show up in your year if you want them to, whether you pick them or not. You'll see!

So now, close your eyes and choose the word that feels right when you picture it in front of you, written in your mind's eye.

What's your One Word?
