

# Restore Your Wild

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## Weekly Wild Worksheet

My wild looks like (three words):

My movement intention this week is to:

When I meditate on this intention, I feel:

My walking focus for this week is:

Five exercises I will do daily are:

- 1.
- 2.
- 3.
- 4.
- 5.

One extra wild action I will take this week is:

One domesticating action I will let go of this week is:

To remind myself of this plan, I will put this: