

Wild 101

Cheat Sheet



Re-Wilding Your Thoughts Day 1:

Tool 1: PRIME Your WILD with Gratitude:

Gratitude is one of the most proven techniques to enhance mood, creativity, productivity, and relationships!

What's one new thing I'm specifically grateful for, right now, in this moment? (Bonus points if you do this before you get out of bed in the morning!)

Tool 2: PROTECT Your WILD from News & Social Media:

Pick times of day or events that allow you to make protecting your Wild ideas a habit (for example, no news or social media before breakfast; no news or social media after 8 pm.)

I choose No News or Social Media BEFORE: _____

I choose No News or Social Media AFTER: _____

Tool 3: PLAY to PERCOLATE Your WILD:

Allow your Wild thoughts to grow during your day by taking breaks between your focused work to play! Do this by focusing on a specific, clear task, and then playing in an area of fascination to you: walk in nature, dance around to a favorite song, read for fun, doodle, meditate, breathe, swim, shower, take a bath, or work on your hobby of choice.

After I focus intently on this project or task: _____

Then I will PLAY by focusing on an area of fascination to me. Here's my PLAY-list:

Tool 4: PRAISE Your WILD:

What's one thing that went well in my day and what did I have to do with it?

Re-Wilding Your Thoughts Day 2:

Tool 1: PRIME Your WILD with Gratitude:

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Tool 3: PLAY to PERCOLATE Your WILD:

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Tool 4: PRAISE Your WILD:

What's one thing that went well in my day and what did I have to do with it?

Re-Wilding Your Thoughts Day 3:

Tool 1: PRIME Your WILD with Gratitude:

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What's one new thing I'm specifically grateful for, right now, in this moment? (Bonus points if you do this before you get out of bed in the morning!)

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Tool 3: PLAY to PERCOLATE Your WILD:

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Tool 4: PRAISE Your WILD:

What's one thing that went well in my day and what did I have to do with it?

Re-Wilding Your Thoughts Day 4:

Tool 1: PRIME Your WILD with Gratitude:

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Tool 3: PLAY to PERCOLATE Your WILD:

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Re-Wilding Your Thoughts Day 5:

Tool 1: PRIME Your WILD with Gratitude:

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Re-Wilding Your Thoughts Day 6:

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Re-Wilding Your Thoughts Day 7:

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Tool 4: PRAISE Your WILD:

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