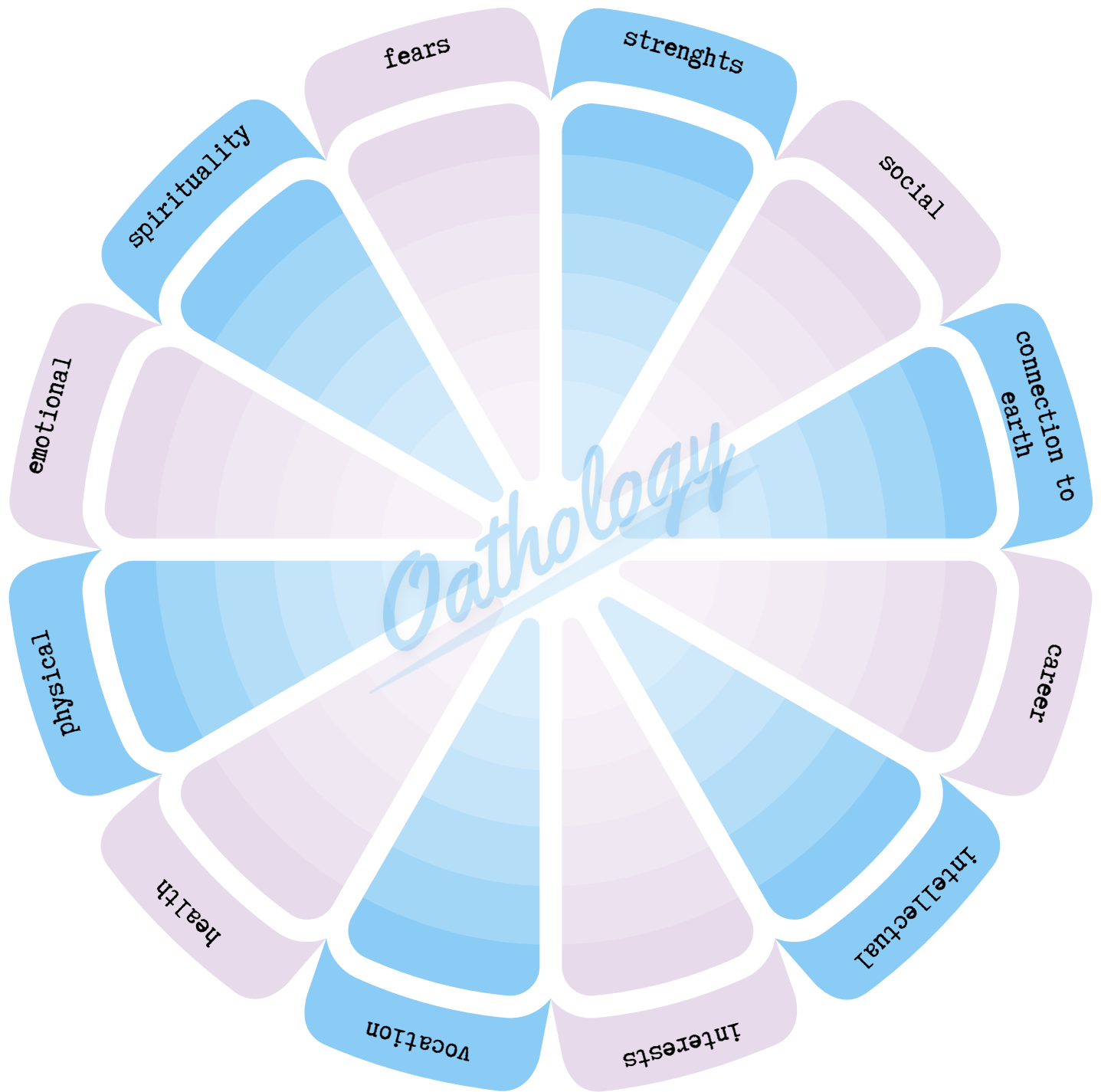


your inner wild



define and list your unique traits in each category

You from the inside out

In the same way that all living things are interconnected, so are our strengths, weaknesses, and all the ways we connect to the world around us. Take a few moments to reflect on how some of your characteristics are advantageous. Wanna go a little deeper? How does this impact your community?

(both human and non-human)

Pick five of your traits and explore a little deeper

Your Unique Trait

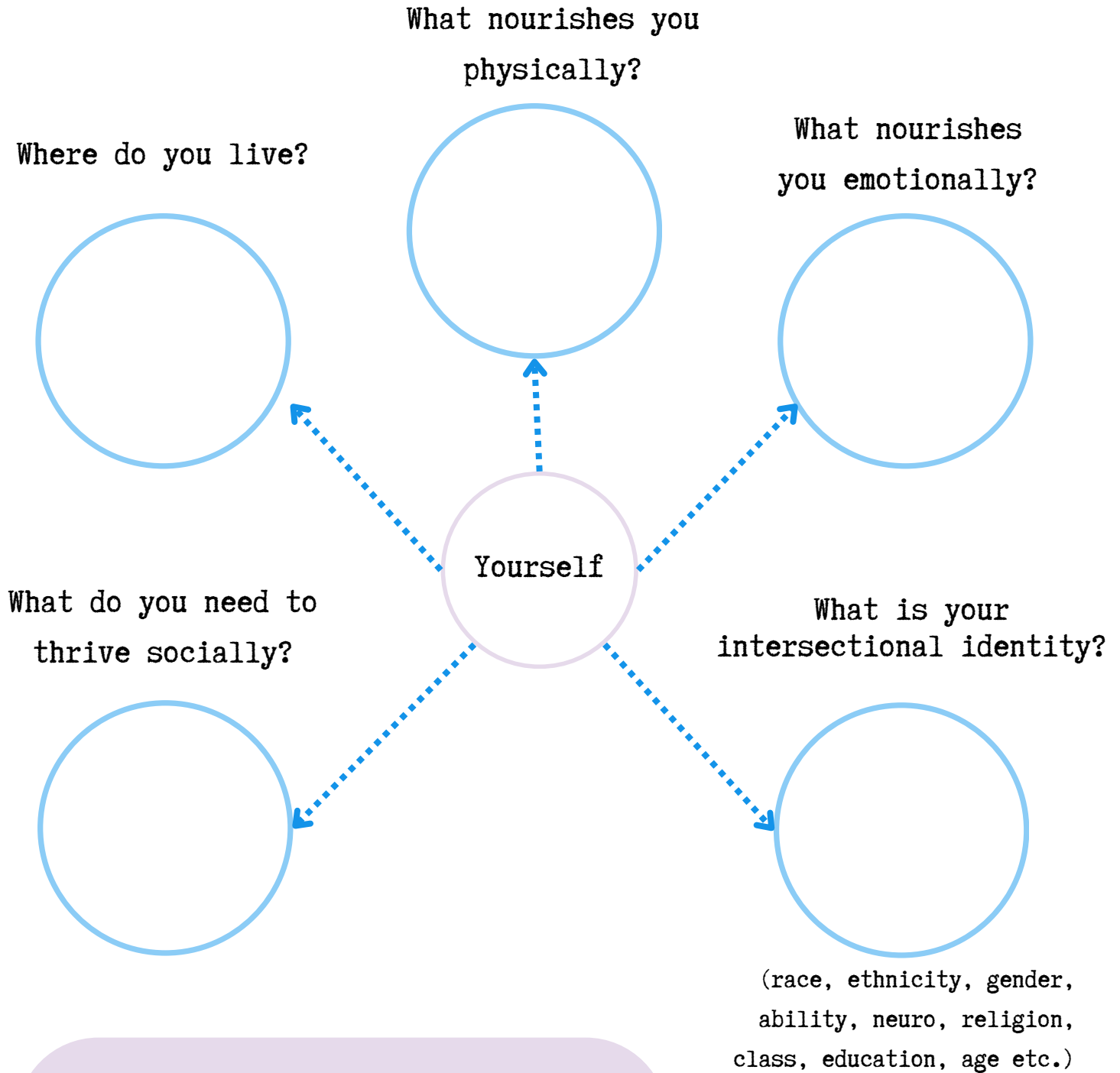
How it serves you



Impact on ecosystem/community?

Thriving in Your Ecosystem

Exploring your outer wilds



Consider your relationships with plants, animals, fungi, and elements

Activity Reflection

What surprised you about your answers? Were there patterns you noticed?

Did you find any repeats or connections between two of your inner wild categories?

Do you feel more influenced by nature or nurture in your self-expression, or does it feel well balanced?

How much does the intersectionality of your identity play into your ecosystem, and access to your needs?

How might you change one thing about your inner wilds to better connect to nature (in a way that feels right to you)?

How might you change one thing about your outer wilds to better align with your inner self?

What is one trait you would like to give more or less attention to? How would this change the way you express or connect?

How might you re-imagine your relationship with non-human community based on your favorite personal traits?