



In the past three months...		How Will I Do This?	
<b>EXTINCT</b>	What's one thing you've been doing that you want to make extinct in your life?	1	
		2	
		3	
<b>EXTANT</b>	What's one thing you've been doing that you want to make extant in your life?	1	
		2	
		3	

**Extinct [ ik-stingkt ]**

- no longer in existence; having ended or died out: woolly mammoth.
- no longer in use; obsolete: an extinct custom.
- extinguished; quenched; not burning
- no longer active: an extinct volcano

**Extant [ ek-stuh nt, ik-stant ]**

- in existence; still existing; not destroyed or lost

