

# LEAD WELL

## BOOK REVIEW

Wonder over Worry

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### KEY PRINCIPLE

Choosing Wonder over Worry allows Wisdom to show up in your Decision Making.

### HIGHLIGHTS

Wisdom sees wonder's grand and glorious plans with worry's more watchful and careful eye.

Wisdom is adept at hearing what worry has to say without spinning into panic - while simultaneously tuning into where wonders and curiosities are pointing.

Wisdom knows it's not either/or - it's both/and. It's the holding of both.

- Worry without wonder is paralyzing, toxic, unproductive
- Wonder without worry is impulsive, overreactive, and usually overcommitted

When wisdom runs the show worry and wonder respect each other, move as allies, and walk hand in hand in the direction that is most aligned and true.