



**Discussion Questions for *Choose Wonder Over Worry* by Amber Rae
October 28, 2020**

What is your relationship with Worry? With Wonder?

Did you utilize the journaling options in the book when you read it? If yes, what did you learn? If no, why not?

“Don’t Die With Your Gifts Still Inside” How does this make you feel? Does it motivate you to do more? What will you do differently knowing this statement?

Page 78’s journal entry is about not knowing what you want. What are you curious about? Who is doing what you want to do? How might you turn your challenges into a learning experiment?

Page 102: This year has been crazy! It has been unlike any year we have experienced. Even though things have been really challenging, there have been bright spots. Chart your top 10 moments of this year.

The book discusses failure as an opportunity to do something different. How does failure affect you in your personal life? How does it affect your professional life? How do you handle failure from those around you (i.e. students)?

Rejection and defeat are also components of success. Journal about three times you persevered in the face of adversity. When you write about these failures, how does it make you feel?

P138: Imposter syndrome is real! Give your imposter a voice and write about what you are worried about. Read through what you have written and make a plan to change that worry to wonder.

If criticism and judgement didn’t matter, what would you do?

What would it look like to put love and joy at the center of what you create? What would change?

Overwhelmed is the understatement of the year! Everyone seems to be overwhelmed in our current situation. The book suggests to set daily intentions and even say no to some of the things on your plate. How might we accomplish this to face the overwhelming tasks we encounter every day?

Always remember: You. Are. Enough.

Thank you for reading with us! Make sure to follow Amber Rae on Instagram at [@heyamberrae](https://www.instagram.com/heyamberrae), and if you haven't already, [grab her book today!](#)

