

BUILD MORE WISDOM

Your Wisest Person

Think of the wisest person you know. How do they demonstrate wisdom?

→ Name one word that describes it:

→ Where do YOU already practice this, even imperfectly?

Restraint Audit

Bruce Lee trained for years to learn what **not** to do, that's what made him so fast. **Where in your work are you currently burning energy on movement that doesn't matter?**

→ What's one thing you keep doing that you should probably stop?	→ What's one decision you keep making that wisdom says you should pause on?	→ What's one space — a meeting, a conversation, etc. — where restraint would serve you better than action?

Practicing Wisdom

Wisdom requires space. Space requires intention.

→ What's one way you'll create space this week for learning, processing, or listening?

→ What's one thing A.I. can do faster than you... and you should let it?

→ What's one thing only you can bring that A.I. cannot?