

Increase your WISDOM STRENGTHS

4A1

(look at the detailed descriptions on the previous page)

WHERE do you see some of these WISDOM strengths at work in your life – is there something you would like to learn more about or understanding better?
Are you original or artistic in some way? Do you see the bigger picture? Are you wise in some areas of your life?
(e.g. I like investigating well-being skills and how they can be made accessible to everyone)

Where do you see some of the Wisdom strengths at play in other people's lives?
(e.g. I see wisdom in my dad when he advised me to be optimistic and believe that my life would take a turn for the better when I was feeling down. I see originality in....)

Which aspect of Wisdom might you like to develop more in your life?
Somewhere you would like to be more open-minded and less judgemental?
(e.g. I would like be less judgemental towards people who say things I don't agree with and more open-minded towards people who have different life values to mine. Less self-critical)

This is what I will do to develop myself more in this area:
(e.g. I will go out of my way to understand people who are different from me, listen, ask questions. I will encourage myself more)