

WISDOM STRENGTHS

If you have wisdom strength you will notice energy and identify with one (or more) of the five qualities below. Even if it isn't your special area it is always good to carry some wisdom strength with you as it makes life easier and more enjoyable for everyone.

WHERE do you observe one (or more) of the WISDOM strengths at work in yourself or somebody else? (See additional handout 4A1)

ORIGINALITY

You think or behave in an innovative and creative way that others might not have thought about. You bring about good results through your imaginative ways either directly or indirectly through the arts.

CURIOSITY

Healthy curiosity can be learned from small children or animals who look without judging. They are interested in every point of view and not upset by irregularities or opposite opinions, it is all something to explore.

LOVE OF LEARNING

You are open to new skills and information because you love to learn. You want to learn from your mistakes rather than feeling sorry for yourself. You are willing to learn no matter where and when.

PERSPECTIVE

You have a wisdom and an understanding which help you to develop a balanced view and to see things in their context. Other people might look to you to help solve their problems through your experiences and ability to see the bigger picture.

OPEN-MINDEDNESS

You tend to gain a balanced view by not jumping to any conclusions before making a decision. You make a risk assessment and also examine your needs and wants before acting on them. You view things objectively.

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)