

Finding Wisdom - Exercise

Applications

This simple exercise can bring hope to anyone who experiences the lesson in this, by showing us that no matter what we believe about ourselves, we all have wisdom. It can be useful to those who have lost faith in themselves.

If you're using this exercise with someone, through their experience, you will learn something new too.

Exercise

1. Reflect on a time in your life when you learnt something new about yourself.
2. Take a moment. There will be something.
3. What did you learn?
4. Now describe the feeling that comes with this memory.
5. Now in no more than one sentence, communicate the lesson. Do it with the feeling, shouting loud and clear.

Learning points

- How wise are you!
- We all have wisdom and something to share.
- Wisdom, once seen for yourself, is so simple and obvious, but before you 'see' it, it's the hardest thing in the world to see.
- How so much can change in an instant, when we 'see' things differently.
- It's the feeling that comes with the wisdom or truth in your story that engages people and makes them curious to see it for themselves.