

5 WAYS To Use Life Experience to Gain Wisdom with Steve Lindsey and Dr Conrad Kanagy

In the podcast, Steve Lindsey, CEO of Garden Spot Communities, and Dr Conrad Kanagy, sociology professor at Elizabethtown College, reflect on the Wisdom Course recently piloted at Garden Spot Village. The following tips offer ways that you can reflect on your life experience and identify the lessons you've learned so that you can share it with others.

TIP 01

Remember

As you begin to think about certain stages of your life, memories will begin to flood back. Memories are subjective and experiences reflect the world we are born into, but remembering begins to open a portal of memories.

TIP 02

Reflect

Taking time to reflect on memories goes deeper than just remembering. Ask questions: Why did I do what I did? Why did I feel that way? How does that memory make me feel now? What would I tell myself now about that experience?

TIP 03

Write it down

The process of writing life experiences validates those memories and solidifies the stories. As you remember, reflect and write, consider the lessons learned, the things you may have done differently and the people who influenced you.

TIP 04

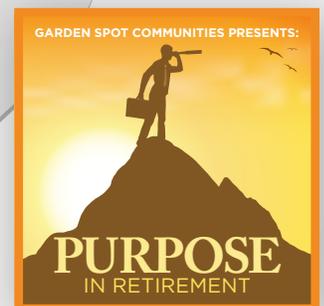
Share it with someone

As you interact with others in your life--whether that is family, friends or acquaintances, share what you've learned on your journey of remembering. Share the stories and the lessons learned; being vulnerable builds relationships.

TIP 05

Live with purpose

Sometimes it is easy to get stuck in the negative memories--the pain and the hurt. Although it is important to work through those memories to gain wisdom, don't stay there. Apply the lessons learned and live with purpose!



If you find these tips helpful feel free to share them with friends, on social media, in presentations and shout them from the roof tops.

We can change the world if we pursue *Purpose in Retirement*.

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