

5 WAYS to Harvest Wisdom from Life Experiences

In the podcast, Evie Hershey, Steve Lindsey, CEO of Garden Spot Communities and Dr. Conrad Kanagy, sociology professor at Elizabethtown College, reflect on the Wisdom Course and the relationships forged between residents and team members at Garden Spot Village and students at Elizabethtown. The following tips offer ways to prepare yourself to share your wisdom with others.

TIP 01

Reflect

So often we are busy living life and don't take the time to reflect on our experiences and how they may shape our perspective. Taking time to reflect makes us mindful of how key experiences may have shaped our lives.

TIP 02

Write

The physical act of capturing a story through writing helps our mind process experiences in a unique way. Don't skip writing the story; writing will help you remember details you may have otherwise forgotten.

TIP 03

Identify Lessons

Don't just stop at writing the experience. Take the time to think about the lessons you learned. Did you learn to be resilient? Compassionate? Empathetic? Self-reliant?

TIP 04

Apply Wisdom

What did you learn through resilience, empathy and compassion? How did that shift your interaction with other people? How can you share your story in a way that people will understand it?

TIP 05

Share

When you have the opportunity to share your life lessons, set it within the context of your life story. People are more likely to listen and remember when you've shared a personal experience and story with them.



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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