

5 WAYS use life experience to gain wisdom

In the podcast, Steve Lindsey and Dr Conrad Kanagy talk about the creation of The Wisdom Course. The following tips offer an insight into their journey of intergenerational connection.

TIP 01

Remember

This is crucial in writing your life story as it connects your experiences, emotions and lessons learned. It bridges generations, offering insights and preserving legacies for future reflections.

TIP 02

Reflect

It allows you to delve deeper into your experiences, uncovering hidden meanings and insights. Transforming events into narratives, to add wisdom and emotional depth.

TIP 03

Write it Down

Creates something tangible for your journey, serving as a reflective mirror for reflection, growth and understanding.

TIP 04

Share it with Someone Else

Fosters connections and invites diverse perspectives, enriching your narrative with insights and validations. This act of vulnerability can create a shared space for collective wisdom and understanding.

TIP 05

Live with Purpose

Infuses your life story with direction and meaning. Events turn into chapters of a deliberate journey. It deepens the narrative, and illustrates the power of intentional living.



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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