

# Weekly Wisdom

*Grow the Green for You and Your Team*



*“Wisdom is oft-times nearer when we stoop / Than when we soar.”*

*-- William Wordsworth*

## The Benefits of Wisdom

Who do you consider a wise person?  
How do you think they became wise? Do  
you consider yourself to be wise? If yes,  
what has allowed you to become wise?

These were questions posed to 745  
people over the age of 55. Here are  
some of the study's findings:

- 71% believe that wisdom increases with age, but age does not guarantee wisdom.
- Respondents distinguished intelligence from wisdom. They are not the same.

What did they think characterized a wise person?

- Accepting of their limitations
- Are realists
- Are in control of their lives
- Have strong relationships

What experiences contribute to wisdom, according to those surveyed?

- Making mistakes
- Interacting with people of different generations
- Experiencing adversity
- Helping others
- Trying new things
- Raising a family