

Weekly Wisdom

Grow the Green for You and Your Team



“Our deepest strengths have everything to do with gentleness toward ourselves and others.” -- Emilia Elisabet Lahti

Embracing the Finnish Art of *Sisu*

The Finnish concept of *sisu* is “a profound inner strength that emerges when we face life’s toughest challenges.”

Sisu denotes a kind of extraordinary inner strength in the face of adversity and is about not giving up, no matter what you’re up against.

Finish-born Emilia Elisabet Lahti is the author of the book *Gentle Strength*, and in it she describes how “we are all leaders whose choices impact those around us.”

Her book helps us see ways to use our power with wisdom.

Sisu isn’t simply strength in hard times. It also offers a way of being in the world.

Ms. Lahti asked herself these questions as she tried to practice *sisu*:

- *What example am I setting through my decisions and the way I carry myself?*
- *How can I honor myself and others throughout this run?*
- *To what extent am I guided by mental autopilot based on old habits versus discerning the best course of action fresh in the moment?*