

Weekly Wisdom

Grow the Green for You and Your Team



“You have power over your mind—not outside events. Realize this, and you will find strength.” -- Marcus Aurelius

Quick Refresher on Wisdom Practices

Wisdom practices help us act wisely in tough circumstances.

Like exercise, they should be practiced regularly to build our capacity to act wisely. You wouldn't run a marathon without practicing!

They are the skills that drew you to healthcare in the first place: compassion, courage, humility, integrity, and excellence.

Here are a few wisdom practices that we rely on in our work:

Assumption of positive intent. This is when we trust that someone is doing the best they can. It creates psychological safety & improves relationships.

Curiosity, not judgment.

Gratitude. What went well today?

STOP. Stop: Pause for a moment. Take a breath. Observe: How am I feeling? Proceed with awareness.

Practicing humility. Could I be wrong? Have I changed my mind today?