



**BETTER TO REMAIN SILENT
AND BE THOUGHT A FOOL
THAN TO SPEAK AND TO
REMOVE ALL DOUBT.**

— Abraham Lincoln

**“EXPERIENCE TEACHES
ONLY THE TEACHABLE.”**

— Aldous Huxley

**“DO UNTO OTHERS
AS YOU WOULD HAVE
THEM DO UNTO YOU.”**

— Jesus Christ



corelife
BUILD YOURSELF STRONG

WISDOM:

our best teacher ever.

WIS•DOM

(noun) Having experience,
knowledge, and good judgment.

Some people are naturally smart. They have a gift for retaining facts or working complex math problems with ease. But that doesn't make them wise. Wisdom is what you do with what you know. It comes from combining personal experiences and things you've learned to make the best choices in life.





HOW WISDOM HAPPENS.

You may have burned your finger on a candle flame (experience). Your mother tells you a hot stove will burn you (learning). You put the two together (synthesize) and decide not to touch a hot stove with your finger – that’s how common sense develops. Is that wisdom? Yes! The capacity for wisdom is built into our DNA (the genetic material that makes us human). As humans in the 2000’s, we have a long history of learning that comes with us when we are born. We instinctively grasp new information and gain insight from the experiences we have.

Stop. And think!

Wisdom is all about good decisions and good actions. Before you do anything new, let the wisdom inside of you help you make good decision. That is, stop and think. Could this action hurt me or anyone else? Will something good come from this action or decision? If you give a plastic bat to a toddler, he will most likely start swinging it around wildly until he hits someone, or a lamp...or the family dog! A toddler doesn’t usually stop and think. He doesn’t have wisdom that comes with age and experience. But you do! Stop and think. And keep yourself from a world of hurt. This applies to where you ride your bike, what you say to your friends, how you act at a party, or honest decisions about doing schoolwork or not.

Who to believe?

What if you are trying to decide the right thing and both paths seem okay? That happens many times when children are faced with taking drugs. To be strong and wise, you need to take a hard look at the source of the information... Does the drug dealer (or even a friend who’s encouraging drug use) want what’s best for you? Or do they just want to use you as a way to get more money? Is your “friend” really looking out for what’s best for you? Or does your “friend” want to make his/her bad decision seem better because you’re doing the same thing too?

Stop and think about who is trying to influence you. Are they lying? Addiction is painful and destructive. Does the person want what’s best for you – or for himself/herself? Don’t do anything that would hurt you today or down the road. If you’re really unsure, don’t make any decision. Tell them you need to think it over and walk away.

How wise are you already?

Circle whether each statement is most likely the TRUTH or a LIE.

“FRIEND”: Let’s take these pills. One won’t hurt you. It’ll make you feel great!	TRUTH	LIE
TEACHER: Every drug addiction started with just one first-time sample.	TRUTH	LIE
“FRIEND”: Don’t be afraid to take this drug. Nothing bad will happen.	TRUTH	LIE
TEACHER: Drug addiction makes you lose your freedom, your friends, your health, and sometimes your life.	TRUTH	LIE
“FRIEND”: This is the drug all the cool kids are taking.	TRUTH	LIE
PARENT: Choose your friends well. If they aren’t helping you do the right thing, they’re not your friends. And they’re probably not all that cool anyway.	TRUTH	LIE

Exercise: Reflect and resolve.

If you want to be known for your wisdom, you can take it to the next level. At the end of the day, when you are resting on your pillow, REFLECT and think back to all the decisions and actions you took for the day. Some will come to mind quicker than others. Ask yourself: Was that the wisest thing I could have done? How could I have handled that better? Did you lose your temper? Did you cut in front of someone in the cafeteria line? How did you make others feel when you did these things? RESOLVE in your mind to decide and act in the better way next time. You will become wise beyond your years – because you learn to “see in your mind” how things will turn out before you actually do them. This practice enables you to SYNTHESIZE and learn from your actions/decisions.

