



***Wisdom** in a Christian context can be thought of as an intellectually humble, open-minded discernment that balances the virtues and exercises them appropriately in the service of God and God's creation.*

*What would you add or take away? Search for your own definitions of **wisdom** and write one below that best matches your current understanding.*

Virtue Quiz: Rate yourself on the statements below (1 = completely disagree to 7 completely agree). You will not receive a score, the point is to reflect on your own thoughts, feelings, and actions as they relate to the virtue of **wisdom**.

- _____ 1. I balance my priorities based on what is most important in life.
- _____ 2. I look for opportunities to learn from others and grow.
- _____ 3. I welcome feedback about my weaknesses.
- _____ 4. I usually weigh multiple perspectives before accepting one.
- _____ 5. I often reflect on how to best live out my values.
- _____ 6. I strive to make wise decisions that are in line with a greater good.

Self Reflection and Goal Setting

Consider your quiz responses and your experience taking the quiz. Write a brief reflection on your strengths and weaknesses as they pertain to **wisdom**.

Identify a specific goal (a person, place, or situation) where you would like to improve in your ability to display **wisdom** and why.

Step 1. Define in your own words. Virtues allow you to think, feel, or act in alignment with a greater good (for yourself, others, or the environment) when challenges arise in your life. Define **wisdom** as it connects to your goal using the prompts below.

Wisdom allows me to (name a thought, feeling, or action):

When I experience (name an internal or external challenge related to the person place or situation you identified in your goal):

In order to (name the greater good the virtue helps you achieve):

Step 2. Practicing wisdom. Identify a concrete, achievable behavior that you can carry out to help you exercise your **wisdom** muscles. *This week, I will practice wisdom by:*

Step 3. Set a reminder to reflect on your progress. Create a reminder on your phone for one week from today. Take 15 minutes at that time to reflect on your progress.