

# “THE GIFT OF WISDOM”

## What I Have Learned From My Own Experiences and From Vips - “Very Influential People” In My Life Purposeful Visioning Exercise

The Gift of Wisdom Purposeful Visioning Exercise will help you recall and preserve the best of the life wisdom which you have learned from your own experiences and from those VIPs—Very Influential People—in your life. The purpose of this exercise is to help you find ways to organize and preserve this life wisdom as a gift for the benefit of your posterity.

If you could help one of your loved ones avoid a hazard in their future life path, how valuable would that be? When they run into adversity, how grateful would you be if the guidelights you shared with them inspires them to persist and overcome those trials?

Guidelights enrich the life journey of your children and grandchildren by sharing with them secrets you have discovered for an abundant and fulfilling life. Guidelights illuminate the path to personal growth, the gateway to opportunity, and throw a spotlight on hazards and roadblocks. This image, of a brave teaching a young Indian, represents the opportunity we have to transfer wisdom and life experience to those who will follow in our footsteps.

### KEY POINTS

- A Trust Creator can have a much greater positive impact on beneficiaries by sharing his or her life wisdom through Guidelights than by edicts.
- The best Guidelights are mined from the nuggets of your life wisdom and experiential reflections. Quotes, favorite sayings or life lessons and stories from relatives or people you admire are the second best source for Guidelights.
- Guidelights can also operate like a “life compass” which the beneficiary can refer to whenever they face difficult situations or critical questions along their life path.

### Step 1:

Read through the list of different forms of Guidance and Guidelights which Trust Creators have left in the Gift of Wisdom they have created for their children or grandchildren. Then start down through the list and ★ the number of each category which resonates with you.

*If wisdom were offered me with this restriction, that I should keep it close and not communicate it, I would refuse the gift—Seneca*



# WHAT DO I WANT TO INCLUDE IN MY GIFT OF WISDOM? Guidance and Guidelights for My Purposeful Trust™

- 1. Formula for Life Success
- 2. Lessons Learned
- 3. Favorite Family Sayings
- 4. Highs and Lows
- 5. Practical Wisdom
- 6. Inspirational Quotes
- 7. Turning Points
- 8. Favorite Scriptures and Timeless Truths
- 9. Navigating Through Life

- 10. **Other Sources of Life Wisdom:** Is there another form of Guidance or Guidelights you have thought of including in your Gift of Wisdom? What might that be?

## Step 2:

- Now we get to the fun part of the Gift of Wisdom exercise. Look at the ★ you placed next to those categories which resonated most strongly with you. See if you can rank each of the categories you placed a ★ next to starting with the most important (mark that as the #1) and then work your way down to the least important.
- Next, find the instructions for your #1 category below. Start working your way through that category's instructions. Write or dictate your thoughts and feelings as you go. Return those to us and we will help you polish it and determine how we should integrate it into your trust. Before we begin that integration process we will have you approve our edits and make sure we haven't left out anything vitally important.



1. **Formula for Life Success:** What have I learned about the key ingredients for personal happiness and well-being? If I were to describe my formula for life success in a couple of sentences, what would it be?

Make a list of what you feel the key ingredients to personal happiness and well-being are. In a couple of sentences, create your formula for life success.

2. **Lessons Learned:** What are the key lessons I have learned along my life's journey which might make the journey you or your descendants will take easier, more satisfying or meaningful.

List at least three life lessons you would like to include in the Gift of Wisdom. Savor each of these life experiences and reflect on what it has meant to you. Why has each of these lessons proven to be so valuable to you?

Why do you think it will be of great value to those who follow behind you?

Makes notes of what each lesson has taught you, the story behind it, and why each means so much to you today. Now share a description of the story behind the lesson, why it has proven to be of such great value to you and how you believe it can become a valuable insight for those you love.

Now that you have finished the life lessons you initially wanted to share, are there more that have emerged?



**3. Favorite Family Sayings:** What are my five favorite quotes or sayings from my parents, other relatives and people I admire, as well as my own favorite quotes which I think will inspire or serve my children and their descendants well?

What about the unspoken or spoken lessons you were taught as a child that had a very strong influence on your life journey and could be valuable to your family? What is the story behind that life lesson?

Think of your favorite quotes and sayings that you remember hearing from your parents, other relatives or people you admire. Share that quote or saying and give the name of the individual you heard it from. How has it changed or enriched your life? Were there any special circumstances in the life of the individual you learned it from which make it more meaningful to you?

What about your personal vocabulary of success? Are there personal sayings you are fond of sharing to inspire those you work with or your family?

**4. Highs and Lows:** What have been the great successes in my life and what preparation or effort was required to reach that pinnacle? What are the mistakes I made or situations I would avoid at all costs if I could live life over and what I learned from them?

What price did I have to pay, in terms of preparation or effort, to achieve these moments of success? What debts of gratitude do I owe to others or divine grace for these wonderful opportunities and accomplishments in my life?

If you could be granted a "Mulligan" to do something over in life, what would you take your first do-over on and how would you handle or approach that situation differently? What have you learned about the importance of forgiving ourselves and/or seeking forgiveness when we hurt or harm others through our mistakes?

Do you have an example of how you were able to overcome a mistake you made and what lessons you learned from that failure or mistake?

What could you say to encourage your family about the importance of being willing to learn from mistakes and overcome failures?



5. **Practical Wisdom:** What has been the most practical wisdom I have learned from others or discovered through my own experiences?

What have I learned about the “Right Way(s)” to do the “Right Thing(s)”?

What are the virtues I’ve seen exemplified by others which allowed those people I admired to succeed and flourish?

What have I learned about how to extract the greatest value from the time and energy I have? How do you choose wisely between the good, the better and the best?

6. **Inspirational Quotes:** What are my five favorite inspirational quotes from great leaders, teachers, or unknown sources?

Start thinking about those favorite sayings or truisms you have heard and committed to memory. Come up with your Top Five list?

Do you need to explain the meaning or story behind any of them?

How have these inspirational quotes enriched your life or made a powerful difference at critical moments in your life journey?



7. **Turning Points:** What were the key decisions that made all the difference in my life's journey? What helped me make right decisions at these difficult junctions?

Reflect on those key points in your life's journey when you came to points where two roads diverged and you took a path that made all the difference.

What helped you make the right decision at that difficult juncture?

What have been some difficult circumstances that you were somehow able to turn into a positive experience?

What are the secrets for making lemonade out of life's lemons?

Is there anything significant which preceded the most important Turning Points in your life?

8. **Favorite Scriptures and Timeless Truths:** What are my favorite scriptures or timeless truths I have learned from great teachers or philosophers?

Reflect on those key timeless truths and scriptures which have served as anchors in your life. Please share what these scriptures and timeless truths are.

How have these favorite scriptures or timeless truths enriched your life journey?

Are there stories behind how this scripture or timeless truth became so meaningful to you, or to others you love and admire?



9. **Navigating Through Life:** What have been the North Stars and Life Compasses I have depended on in my life journey?

Please describe any mottos, mission statement or tangible objects or mementos which serve as a personal North Star to guide you in your personal life journey?

If you ever needed to make course corrections in your personal journey, how did you do so and do you have some concrete examples of the benefits this offered to you?

If there was someone you admired and used as a model for creating and living a meaningful life, who would that be and what was it in their life that stood out?

How did I keep myself moving forward on the road of life when the load I was carrying seemed too heavy?

10. **Other Sources of Life Wisdom:** Is there another form of Guidance or Guidelights you have thought of including in your Gift of Wisdom? What might that be?

