

Uncover Your Reserve of Wisdom

Tapping into your reserve of wisdom is a crucial step to adopting the mind-set that will help you live a longer, more purposeful life.

When filling out the table below, use the descriptions for the five types of wise people (savant, sage, curator, creator and seer) to identify the various types of experiences that make up your life résumé.

Having these insights about yourself will help you create an action plan for living a richer, fuller life.

WISDOM	YOUR RESERVE, ROLES AND WISDOM
SAVANT: Core knowledge, experiences, skills and interests	
SAGE: Key influence and decision-making roles. Key values (e.g., important beliefs, ethics and morals) and virtues (e.g., personal characteristics) that you put into action	
CURATOR: Social and community interests and involvement	
CREATOR: Creative activities, roles or interests	
SEER: Spiritual, religious or philosophical interests, perspectives or pursuits	