

Words of wisdom

We connect

Activity



Words of wisdom We connect

Capturing words of wisdom
from older people's stories

We can use the Words of Wisdom that older people have shared with us to help shape our lives for the better.

We can learn from their experiences, be inspired by their stories and gain advice and guidance from their expertise.

We may already have older people around us that have willingly shared some of these with us in the past but whether we have or haven't, finding people who care, are helpful and positive can provide us with the encouragement and motivation to help us on our own life's journeys.

Everyone wants to feel they have a purpose and a part to play and in exchange for your acts of kindness, you may find it both helpful and interesting to ask older people the following set of questions designed to encourage a conversation and sharing of their wisdom with you.

Words of wisdom

I would love to find out the lessons you have learned in your life and how they could help me in mine. I have some questions to ask you.



What have you loved most about your life so far?



If there was one thing you have learned from your life that may help me with mine... what would it be?



What skills, experience and challenges have helped shape your life?



Looking back at your life what do you wish you made more time for?



What words of wisdom did someone give to you when you were younger?



If you had your life to live again, what would you do differently?

Could you please tell me your name and age? (You can remain anonymous if preferred). Thank you so much for giving up your time.

Name..... Age.....

In the end, it's
not the years
in your life that
count. It's the life
in your years.

Abraham Lincoln