

### Activity 17.1 How to Become More Intuitive and Insightful<sup>73</sup>

*Use this activity to consider ways to increase your wisdom.*

How do you become wiser? Twenty-five hundred years ago, Confucius provided us an answer that is still worth considering today:

*By three methods we may learn wisdom; First, by reflection, which is the noblest; Second by imitation, which is the easiest; and third by experience, which is the bitterest.*

Reflection (consideration, pondering), imitation (copying others), and experience (lessons learned) can all be applied concurrently throughout life. Like Albert Einstein I believe that there is a fourth way to obtain wisdom—one that Confucius may not have been able to differentiate from his other three methods—intuition. This is your gut feeling, that little voice in your head that may not seem rational but often offers the wisest decision. It can also come as a flash of light, an insight: a higher level of understanding that puts all the pieces together in a new way that you didn't see before. Listed below you will find a few ways to become more intuitive and insightful.

#### **Part 1. Assessment.**

*Suggestion. Place check marks next to the tips you already do well; star ideas you want to pursue.*

- ◇ Pray or meditate to seek clarity and open-mindedness.
- ◇ Seek positivity, color, and nature.
- ◇ Be very clear on what the problem is.
- ◇ Focus on what's not said—what's missing.
- ◇ Listen to your gut, and when you act upon gut feelings, note how frequently you are correct.
- ◇ Trust your instincts; listen to that little voice in your head.
- ◇ Protect the absurd but curious ideas that just won't go away. They need time to incubate.
- ◇ Share "promising baby ideas" with others who are creative and open-minded to solicit feedback.
- ◇ Be open to transforming the original idea to make it even better.
- ◇ Notice connections, possible alternatives, and linkages.
- ◇ Be patient and persevere.
- ◇

#### **Part 2. Preparing for action.**

What will you actually do to either become more intuitive or to apply your insight to act with greater wisdom?

---

<sup>73</sup> W. R. Klemm, "Insightful Thinking: How to Learn to Do It. You Can Learn To Be More Creative," *Psychology Today* (2014), retrieved on June 5, 2016, from <https://www.psychologytoday.com/blog/memory-medic/201411/insightful-thinking-how-do-it>.