

Reflections

Ask yourself self-reflection questions.

Wisdom is more than knowledge—as T.S. Eliot said, “We can have the experience and miss the meaning.”¹ Wisdom is about learning from experience, which requires deep, disciplined reflection.²

Reflection helps us to pay attention to our life, to learn from mistakes, and to find more opportunities to do good. To develop your character, ask yourself these questions once a week:

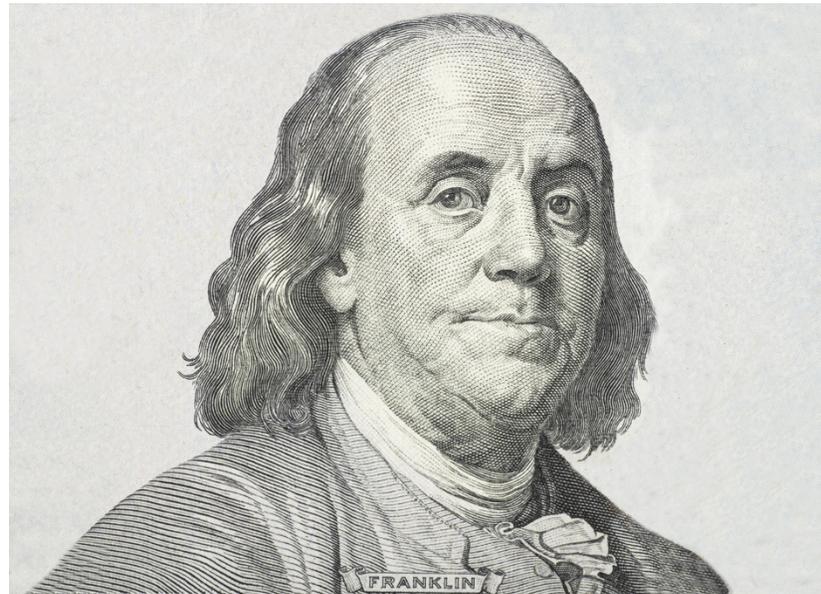
- 1) Did I reflect on the virtues?
- 2) In what acts of compassion was I involved?
- 3) In what acts of social justice was I involved?
- 4) Did I learn from my mistakes?

For a simpler disciplined reflection practice, consider the questions Benjamin Franklin asked himself daily:

- 1) Each morning, he asked, “What good can I do?”
- 2) Each night, he asked, “What good did I do?”

Parents can ask their children these questions to encourage the practice of virtue in school:

- 1) Were you courageous today?
- 2) Were you kind today?
- 3) Did you learn from your mistakes today?



1 Eliot, T. S. (1944) *Four Quartets, The Dry Salvages*, pt. 2. London.

2 Hall, Stephen S. (2011). *Wisdom: From Philosophy to Neuroscience*, New York: Vintage Books, 77.