

Foundations of Wisdom I

Adapted from: Kilburg, R.R. (2006). *Executive Wisdom: Coaching and the Emergence of Virtuous Leaders*. Washington, DC: American Psychological Association.

1. What is the stupidest thing you have ever done?
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2. What is the stupidest decision or action you have ever taken?
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3. What made the decision or action stupid? When and how did you know it was stupid? What criteria did you use to judge its merits?
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4. What is the wisest thing you have ever done?
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5. What is the wisest decision or action you have ever you have ever taken?
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6. What made the decision or action wise? When and how did you know it was wise? What criteria did you use to judge its merits?
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