



INTERGENERATIONAL WISDOM: WE ARE INTERCONNECTED

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WISDOM





WILLINGNESS

Willingness—being open and ready to engage, try, or accept—has a lot of practical benefits in everyday life

- Growth and learning
- Stronger relationships
- Resilience
- More opportunities
- Reduced stress from resistance
- Better problem-solving
- Personal confidence



INSPIRATION

Inspiration isn't just a nice feeling—it actually has real, useful effects on how you think and act.

- **Boosts motivation**
- Fuels creativity**
- Increases optimism**
- Improves focus and energy**
- Strengthens purpose**
- Encourages positive action**
- Can uplift others**



SELFLESSNESS

Selflessness—putting others' needs alongside or sometimes ahead of your own (balanced and intentional):

- **Stronger relationships**
- **Greater sense of purpose**
- **Improved emotional well-being**
- **Builds empathy**
- **Encourages cooperation**
- **Positive reputation and trust**
- **Ripple effect of kindness**



DEDICATION

Dedication—sticking with something consistently over time

- **Steady progress**
- Skill mastery**
- Reliability and trust**
- Strong work ethic**
- Resilience**
- Sense of accomplishment**
- Long-term success**



OPTIMISM

Optimism—expecting positive outcomes or believing things can improve

- Better stress management**
- Improved mental health**
- Greater resilience**
- Stronger motivation**
- Health benefits**
- Better relationships**
- More problem-solving mindset**



MUTUALITY

Mutuality—a shared exchange of care, respect, or effort between people

Balanced relationships
Deeper trust
Better communication
Stronger collaboration
Emotional support both ways
Reduced resentment
Long-lasting connections



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DISCUSSION

- Based on the information shared today, what would you have done differently earlier in life to promote optimal aging?
- What steps can you take now to support your own healthy aging?
- What changes are needed in our communities to make these steps possible for everyone?

TOMORROW

