## 7 ASPECTS OF WISDOM

## Past studies have shown that wisdom is comprised of seven components:

- 1. Self-Reflection
- 2. Pro-social behaviors (such as empathy and compassion)
- 3. Emotional regulation
- 4. Acceptance of diverse perspectives
- 5. Decisiveness
- 6. Social advising (such as giving rational and helpful advice to others)
- 7. Spirituality