



September 1st, 2022

Dear all,

Thank you for those who participated in the survey! Thus far we have 102 responses, which is way more than we were hoping for, and frankly, it may already be statistically significant based on a first few quick analyses. There was also some real gold in the text answers and comments you provided, see the bottom (edited for removing personal information).

There are some surprising results for us here, and we'll organize a call to talk about them soon, we'll send an email with the proposed times/dates.

Please take a close look, especially at Question #3, about which wisdom skills people think are the most useful, and, maybe more interestingly, which are the least represented here...Hmmm, interesting...Let's talk about it! 😊

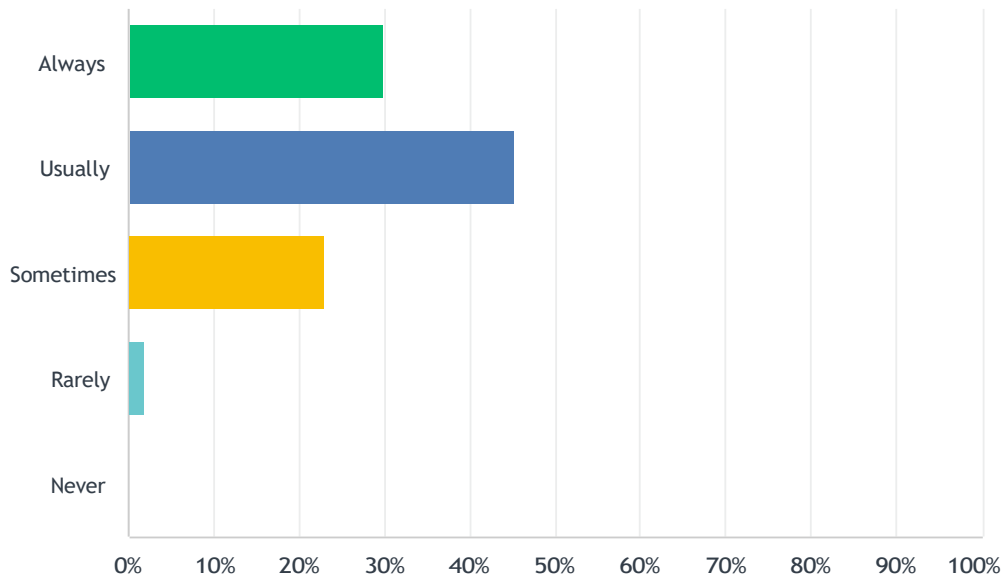
Best,

A handwritten signature in blue ink that reads "Elvir Clausen".

Elvir and the Upend Team
elvir@upend.com

Q1. I tap into my wisdom in my daily life:

Answered: 104 Skipped: 0



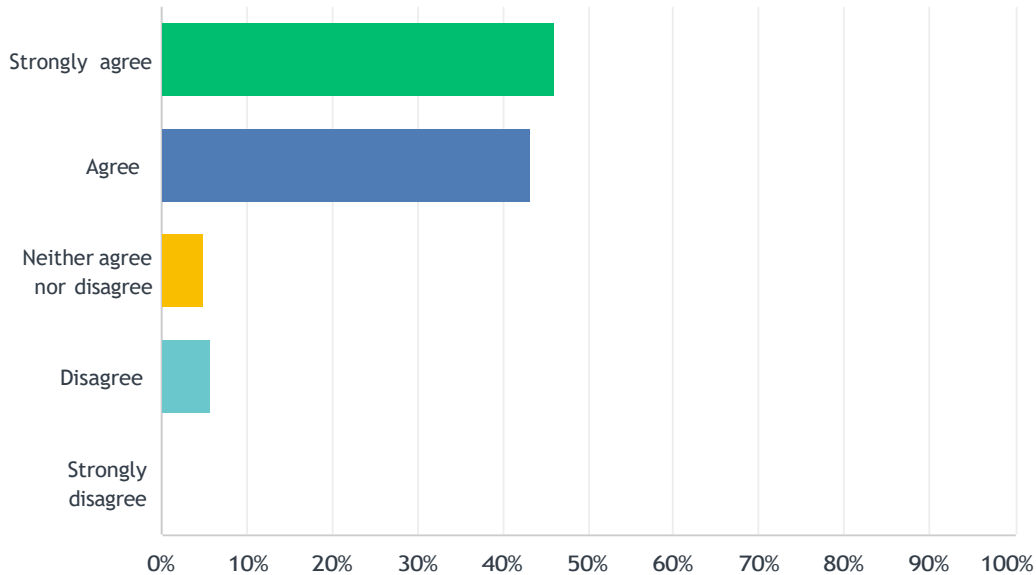
ANSWER CHOICES	RESPONSES	
Always	29.81%	31
Usually	45.19%	47
Sometimes	23.08%	24
Rarely	1.92%	2
Never	0.00%	0
TOTAL		104

Select comments:

- Hard to trust instincts over data
- Emotions and urges at times get the better of me.
- Too many "wisdom soundbites" on LinkedIn, Twitter etc, feel shallow
- For me, this taking the time to connect with the divine each day. I experience this within myself.
- There are phases in my life where its often, and then phases where in my life where I am not as tapped in.
- I always try to make the right decision while contemplating before taking action
- Rare moments of introspection or reflection are possible for me within the banal routine and rush of life.
- Because of the transformational work I do, I usually use my knowledge and wisdom to interact with the people I am working with. Or, If I am being causal with friends it it there too.
- Unfortunately as I get older .. sometimes I don't seek for the sharing of wisdom and just say what I think needs to be said to get things moving .. a bad . don't think for yourself .. just DO reaction ..
- To avoid rushing I remind myself every morning days are long.

Q2. I believe "wisdom skills" can be learned by nearly any ordinary adult: (Think of a "wisdom skill" as a virtue like courage, humility, abundance, compassion, balance, etc, but practiced in real life as a well-honed, at- ready skill.)

Answered: 104 Skipped: 0



ANSWER CHOICES	RESPONSES	
Strongly agree	46.15%	48
Agree	43.27%	45
Neither agree nor disagree	4.81%	5
Disagree	5.77%	6
Strongly disagree	0.00%	0
TOTAL		104

Select Comments:

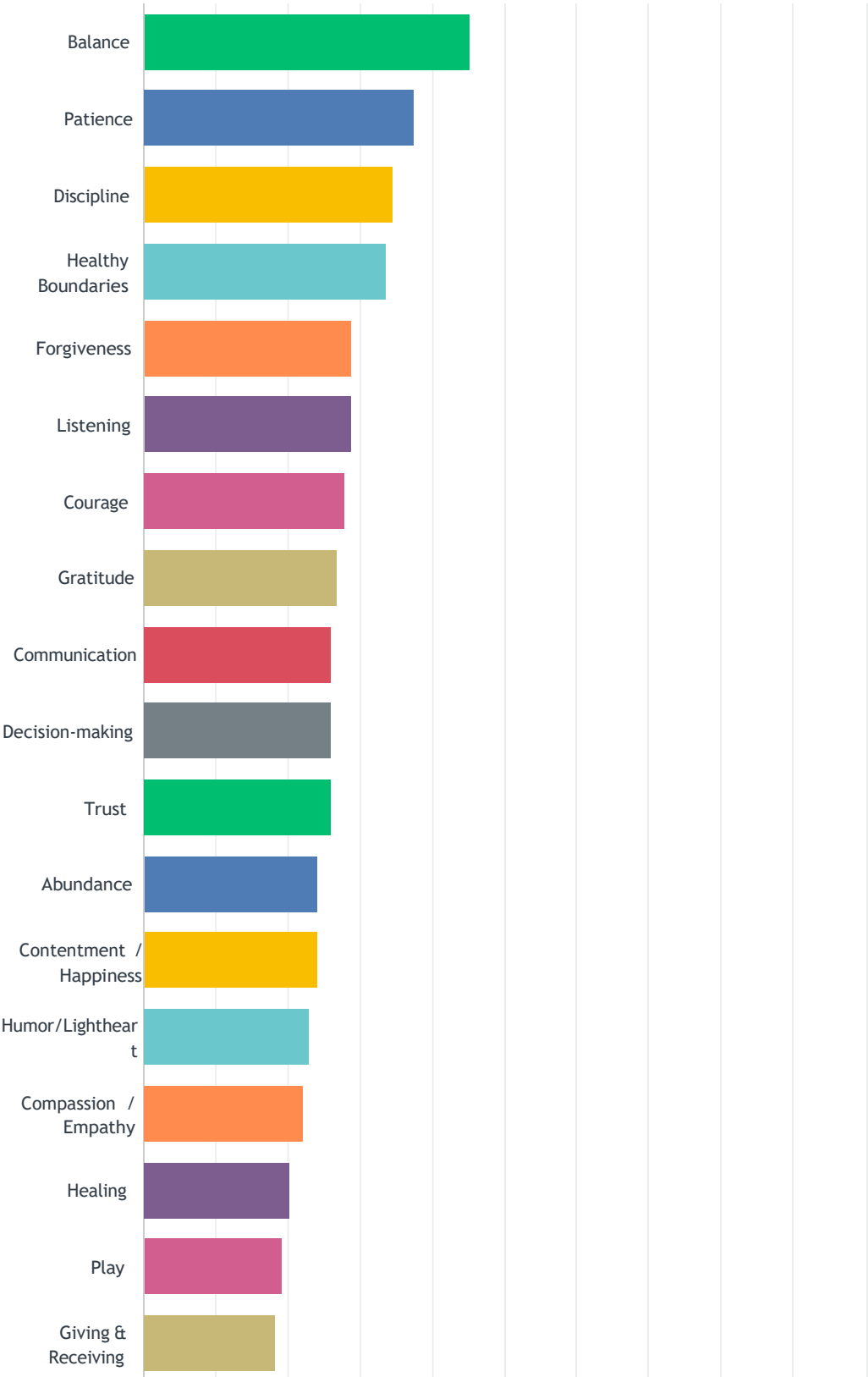
- Even though we are not taught this in school, wisdom is always around us. We just need to be reminded.
- Wisdom is technically the ability to connect experiential knowledge in one's brain in order to gain a greater, connected, understanding.
- You have to choose humility and wish to be teachable
- That's depend on individual level and its own average experience they have gain.
- The one has to have open mind in order to learn
- Maybe. Seems kids are most able to learn a new trick.
- Needs coaching w someone else. If you just read and practice yourself, it doesnt stick (at least in my case)
- I don't think these skills are ever finally learned but continue being refined as long as we are aware/conscious of their meaning and importance
- Many adults are not open to learning anything new

Upend's "Wisdom In My Life" Survey

- Wisdom is inherent.
- But based on individual's willingness to engage
- It's more like remembering than the need to learn
- If they are willing to learn
- Nurture not nature- in this case

Q3 The "wisdom skills" I could use more of in my life today are (check all that apply):

Answered: 104 Skipped: 0



Upend's "Wisdom in my life" survey



- I find forgiveness of others and myself and gratitude are foundations for much of peace and happiness in life
- All of the above
- Taking time to always be responsive to friends. Almost everyone is too busy for this.
- Self love ; empathy; self-empathy; love; also split compassion and empathy - I think they are distinct

Q4. "Wisdom skills" could be most useful in these areas of my life (pick one):

Answered: 102 Skipped: 2

	NONE, ALREADY GOT IT!	I'D LIKE TO HEAR MORE	I'D INVEST TIME IN THIS	I WANT TO MASTER THIS	N/A	TOTAL	WEIGHTED AVERAGE
Enjoyment of life	11.58% 11	31.58% 30	24.21% 23	27.37% 26	5.26% 5	95	1.71
Health and Well-being	16.33% 16	26.53% 26	33.67% 33	21.43% 21	2.04% 2	98	1.61
Life transition	13.40% 13	31.96% 31	30.93% 30	17.53% 17	6.19% 6	97	1.56
Relationships	15.31% 15	30.61% 30	31.63% 31	18.37% 18	4.08% 4	98	1.55
Career / Work	18.75% 18	30.21% 29	25.00% 24	19.79% 19	6.25% 6	96	1.49
Success	19.15% 18	30.85% 29	23.40% 22	19.15% 18	7.45% 7	94	1.46
Other	9.09% 3	21.21% 7	18.18% 6	15.15% 5	36.36% 12	33	1.62

- I'd like to play and rest as hard as I work.
- What can I contribute to the world??
- Balancing priorities in s shifting world
- Courage
- Parenting
- Success - I would like to learn to appreciate my personal success
- Education

Thank you again!