

# Wisdom

## Definition

The soundness, stability, & strength of an action or decision with regard to the application of experience, knowledge, and good judgment.

## Story

Wisdom is the reward of life's good and bad experiences. A man known for his wisdom was basketball coach John Wooden.

His teaching methods were often unconventional... but always effective.

The first day of practice at UCLA was always a day full of anticipation and excitement as the new recruits awaited the arrival of Coach Wooden. As they waited, each wondered what secrets of the game, what strategies for winning would spring forth from the famous coach on Day One.

"Please take off your shoes and socks," Coach announced to the team, seating himself upon a locker room bench. "I'm going to show you the proper way to put them back on." The new players looked at one another in disbelief -- had the old man lost his mind? What on earth did this have to do with basketball?

"Now, when you pull on your sock," he said, "I want you to make sure that there are no wrinkles or gaps," as he put his own socks on. "Make sure your heel is full seated in the heel of the sock; run your hand over the toes and make sure to smooth out any bumpy areas." Then he showed each player how to properly lace his shoes and tie them snugly so that there was no room for the shoe to rub or the sock to bunch up.

As Coach Wooden got up to leave the locker room for the gym, the players behind him were silent, still wondering what their coach could possibly be doing by starting out the season talking about shoes and socks. Here they were, the best schoolboy players in America, and this legend had just spent 30 minutes teaching them about shoes and socks.

Just then, Coach Wooden would turn around and, with a glint in his eye, say "That's your first lesson. You see, if there are wrinkles in your socks or your shoes aren't tied properly, you will develop blisters. With blisters, you'll miss practice. If you miss practice, you don't play. And if you don't play, we cannot win."

## Quotes

“What you are as a person is far more important than what you are as a basketball player.” *John Wooden*

“Knowledge comes from learning. Wisdom comes from living.” *Anthony Douglas Williams*

"You can't let praise or criticism get to you. It's a weakness to get caught up in either one." *John Wooden*

## Interaction

1. Who is someone you have known that you consider wise? In what ways have they helped you?
2. Have you ever been given an opportunity to share a life lesson with someone? How did it make you feel to help someone?

## Main Idea

John Wooden was affectionately nicknamed “The Wizard.” Wooden told his players, “If you want to win championships, you must take care of the smallest of details.” John Wooden was right. Blisters happen to everyone. But you must make the choice to allow the blisters in life serve as your teacher.

## Take Away

Wisdom is the reward of experience and must be shared.