



TOTAL BRAIN HEALTH[®] FAIR STATION



7 WORDS OF WISDOM

TBH Focus:

Mind | *Stretch Your Mind*
Spirit | *Believe in Yourself*

The TBH Science:

Research demonstrates that participating in intellectually engaging activities may significantly lower our risk for serious memory loss over our lifetimes. Simple activities such as “7 Words of Wisdom” offer an introduction to the many ways we can challenge our brains to puzzle and think differently. This very popular activity also provides a way to connect with our sense of purpose and enhance our self-confidence, both critical to emotional balance and brain health. In addition, this activity gives everyone the chance to share something we can only gain with experience – wisdom and advice. Participants really enjoy the fun yet simple challenge!

You Will Need:

- **A long table with chairs**
- **Blank index or similar sized cards**
- **Pencils or pens**
- **Printed directions participants can read at the table**
- **Printed examples of “7 Words of Wisdom”**

How It Works:

- Ask participants to write down a piece of advice they would like to share with others. They must use 7 words to share that advice.
- Participants must use 7 words – no more, no less!
- Encourage participants to use full sentences (lists of words, phrases or descriptions are not the goal of the activity).

Variations:

Up the Ante: Ask participants to make the advice about specific life experiences such as romance, marriage, work, or aging.

Make it Easier: Provide guided individual support for participants or give participants the following prompts they can use:

1. Always ...
2. Remember to ...
3. When you ...



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WHAT ADVICE CAN YOU GIVE
IN JUST 7 WORDS?

WHAT LEGACY OF
WISDOM WILL YOU LEAVE?

DIRECTIONS:

- Take a card and pencil.
- What Words of Wisdom would you like to pass down?
- Write down that advice - but in just 7 words!
- No lists of words, incomplete phrases or descriptions
- Be funny, be serious, be wise!



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SOME ADVICE FROM OTHERS ...

“Always look left before crossing the street.”

“Love for a lifetime, sometimes a night.”

“Followed his advice and outlived Jack LaLanne.”

“Children worth the work in the end.”

“Always carry tissues and an extra \$20.”

“Open your heart, many will love you.”

“Park far and always find your car.”

“Share lots of laughs and bear hugs.”

“Always speak from your heart with honesty.”

“Think twice, speak once, listen well always.”