



Week Eleven: Intellectual Wellness

Intellectual Wellness

“If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you” – Zig Ziglar

What is intellectual wellness?

Intellectual wellness is the ability to open one’s mind to new information and education. This includes the desire to learn new trades, improve skills, or get a college degree.

Intellectual wellness is engaging in activities that inspire and motivate you to move beyond what you already know and into new zones of cognitive awakening.

What is intellectual wellness in balance?

- Self directs and self motivates
- Seeks out activities that fuel one’s desire to learn
- Willing to learn new concepts
- Learns continuously about self and surroundings, including about other people
- Honors curiosity
- Develops a sense of awareness for the necessity to be a life-long learner
- Finds new challenges exciting
- Feels gratitude when sharing knowledge with others
- Independent in thinking for oneself and forming opinions

How do I improve intellectual wellness?

- Learning new concepts
- Participate in daily activities that allow you to exercise your mind while experiencing feelings of tranquility (adult coloring books, sketching, playing a musical instrument, pottery, jewelry-making, dancing, etc)
- Engage in a creative or logical hobby at least three times per week such as painting, reading, logic puzzles, games, research, or geo-caching
- Perform activities that involve critical thinking skills, such as applying, expressing, acquiring, and constructing information
- Be open to new ideas
- Ask questions openly
- Motivate yourself to master new skills and seek out new challenges
- Maintain a sense of humor!



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- Read for information and for pleasure daily
- Learn to play an instrument
- Begin a new hobby
- Learn a new language
- Connect with history by visiting a museum or historical site.
Connecting with history and other cultures can change your perception and world-view surrounding a great deal of issues. Always strive to learn more about the culture, values, and customs of the world's people
- Develop and maintain good time-management skills
- Trust yourself and your own intuition
- Be willing to see more than one side of an issue
- Journal regularly

What actions do I need to take in this area?

Notes:



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How does meditation improve my intellectual wellness?

Meditation has shown massive impacts on intellectual wellness. Meditation is proven to increase intelligence for several reasons. Memory is boosted; brain hemispheres are synchronized to work together, brain size increases, and emotional intelligence increases.

Meditation increases brain size due to neuroplasticity. This is similar to the effect that exercise has on our muscles by making them more dense and strong.

Meditation makes us smarter by promoting positive brainwave patterns in their most powerful frequencies, which include alpha, theta, and delta. This benefit includes heightened IQs!

Meditation develops our inner intelligence that stems from exploring and listening to our inner-voice. Inner intelligence is vital and relative to the success in our lives.

Meditation improves memory, including long and short-term

Notes:



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Types of Intelligence

In 1983 an American developmental psychologist Howard Gardener described 9 types of intelligence. Please take time to reflect on yourself in each area; record your thoughts.

- Naturalist (nature smart)
- Musical (sound smart)
- Logical-mathematical (number/reasoning smart)
- Existential (life smart)
- Interpersonal (people smart)
- Bodily-kinesthetic (body smart)
- Linguistic (word smart)
- Intra-personal (self smart)
- Spatial (picture smart)

Notes:



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High-Mileage Questions

- Are you self-directed and self-motivated?
- Do you seek out and explore activities that fuel your desire to learn?
- Are you willing to learn new concepts?
- Do you learn continuously about yourself and surroundings, including about other people?
- Do you honor curiosity in yourself or others?
- Do you enjoy teaching or sharing knowledge?
- What kind of person do you consider a life-long learner? Are you a life-long learner or do you feel as if you are done learning?
- Do you find new challenges exciting?
- Do you feel gratitude when sharing knowledge with others?
- How independent in thinking for yourself and voicing your opinion are you?



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Reflection Questions:

How can I improve my intellectual wellness?

How could meditation benefit myself and others?

What do I need to do to improve my Zone of Genius?

What is my Upper Limit?