

Lessons of Life Intelligence Through Life Education

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October 3, 2017

Overview

- What is life intelligence?
- Courage to live & die well
- Know yourself
- How to relate to others
- How to cope with problems

What is Life Intelligence?

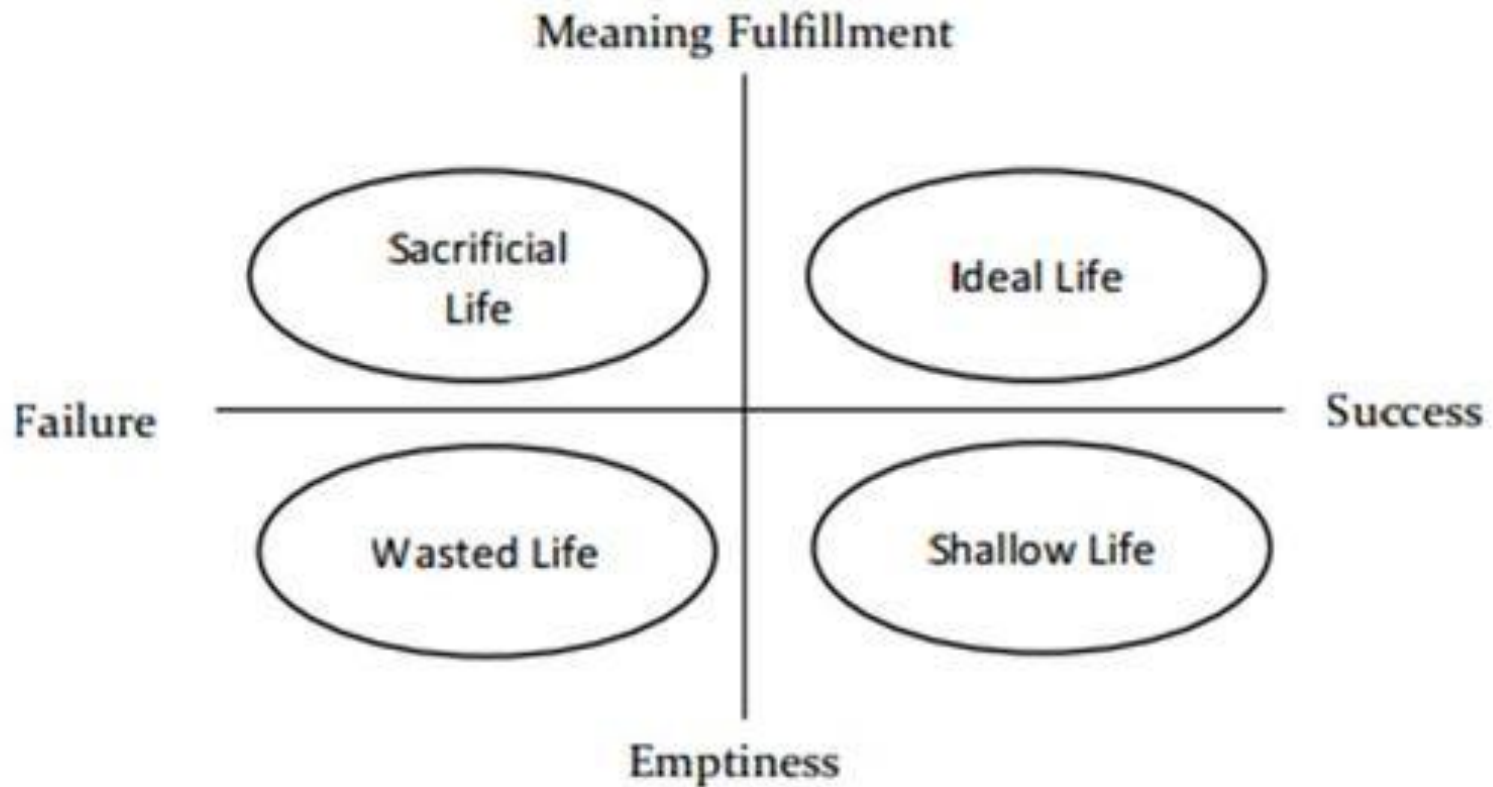
Intelligence

- IQ = School success
- EQ = Business success
- LQ = Life success

What is True Success?

- A successful life is subjectively fulfilling & objectively contributing to humanity
- Winning the world but losing one's soul is not real success
- Becoming a fully functioning human being is

Meaning Mindset



Fully Functioning Human Being

- A fully functioning human being has a fully developed
 - Mind
 - Heart
 - Body
 - Community Life

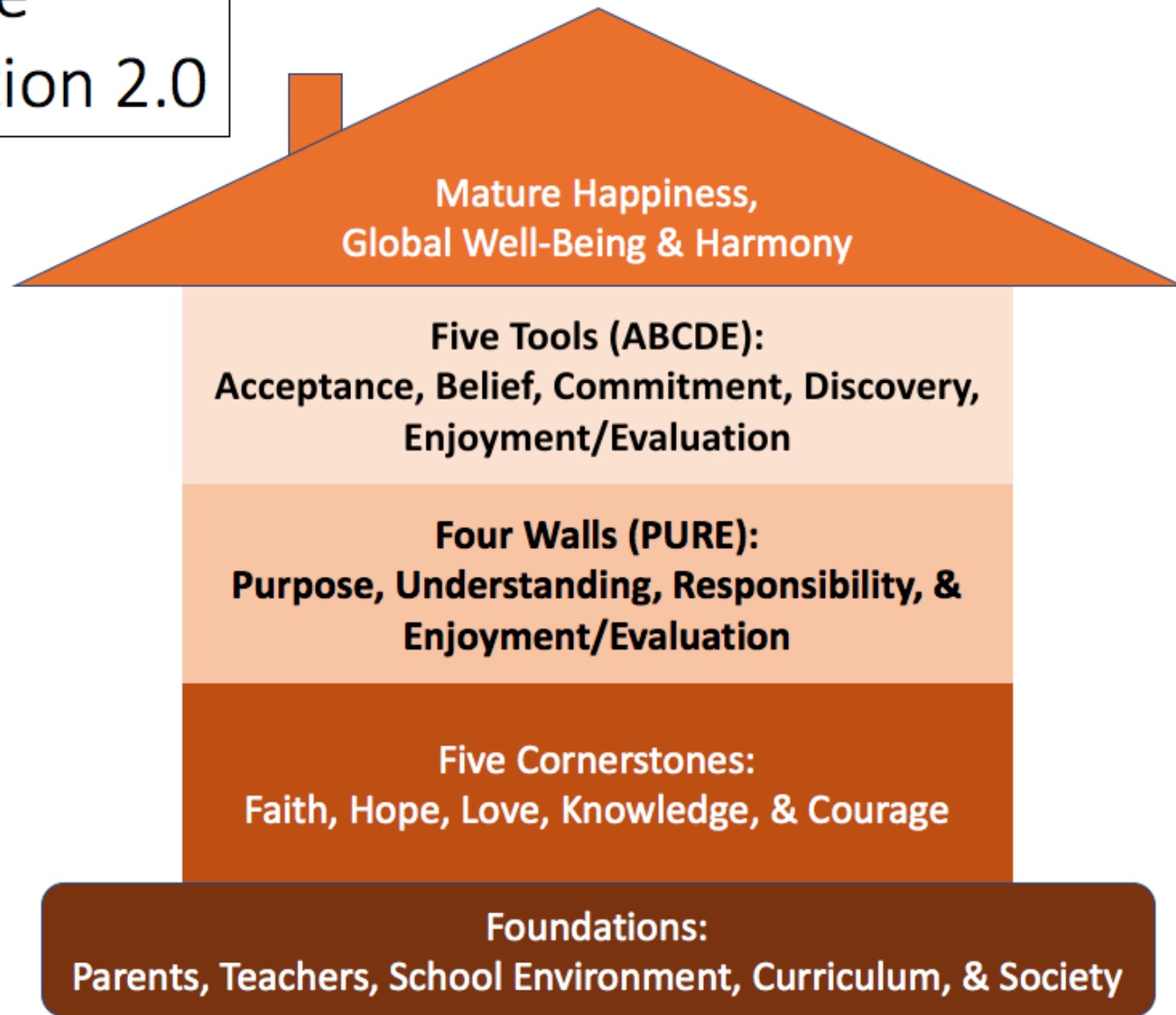
Life Education

- Objectives of life education
 - Life intelligence
 - Compassion
 - Courage
 - Connectiveness

Life Education

- Life education is about lifelong learning of how to live as a fully functioning human beings thru one's lifespan.

Positive Education 2.0



Life Intelligence (LQ)

- LQ is about how to live well & die well, & how to make the best use of one's gift to serve society.

Life Intelligence (LQ)

- Components of life intelligence
 - Know yourself
 - Know how to be fully functioning human beings
 - Know how to cope
 - Know right from wrong

Life Intelligence Test (Wong, 2011)

- Answer the following questions as honestly as you can in order to have an accurate measure of your current understanding about yourself and the world. Please circle “Yes” or “No” for each question. If you are not sure about your answer, choose the answer you feel most inclined towards. If you answer “Yes” you need to be able to elaborate or provide examples.

Life Intelligence Test (Wong, 2011)

1	Do you have a philosophy of how we ought to live?	Yes / No
2	Do you have a set of core values to live by?	Yes / No
3	Do you have a clear sense of self-identity and your place in the world?	Yes / No
4	Do you have a clear sense of direction in your life?	Yes / No
5	Do you know how to bounce back from setbacks?	Yes / No
6	Are you aware of the constraints or limitations of being human?	Yes / No
7	Do you know how to reflect on your own life experiences in order to gain valuable insight or wisdom?	Yes / No
8	Do you have the wisdom to avoid unnecessary heartaches or troubles?	Yes / No

Life Intelligence Test (Wong, 2011)

9	Do you know how to make the most of your situation in spite of the limitations and difficulties?	Yes / No
10	Are you prepared for the fact that life can be very unfair and cruel?	Yes / No
11	Do you have a set of beliefs and worldviews about the world and other people?	Yes / No
12	Do you know how to make good decisions in complex and uncertain situations?	Yes / No
13	Do you know your role and mission in the world?	Yes / No
14	Do you know how to do what is right by balancing between competing interests and demands?	Yes / No
15	Do you know how to look at the same issue from different perspectives?	Yes / No

Life Intelligence Test (Wong, 2011)

16	Do you know how to live with the paradoxes and insolvable problems of life?	Yes / No
17	Do you feel comfortable with new ideas and new experiences?	Yes / No
18	Are you able to identify and correct self-defeating illusions?	Yes / No
19	Do you see yourself consistently as a worthwhile person regardless of the circumstances?	Yes / No
20	Are you willing to revise your self-concept in view of new experiences?	Yes / No
21	Do you have the courage to be yourself?	Yes / No
22	Are you a pretty good judge of character, knowing who is your friend and who is your foe?	Yes / No

Life Intelligence Test (Wong, 2011)

23	Do you usually know when to hang on and when to let go?	Yes / No
24	Do you often know the difference between what is within your control and what is beyond your control?	Yes / No
25	Do you have the courage to make drastic changes in your life?	Yes / No

- Courage: 17, 20, 21, 25
- Self-knowledge: 2, 3, 4, 7, 13, 18, 19
- Understanding life, others, & human condition: 1, 6, 10, 11, 16, 22, 24
- Problem solving: 5, 8, 9, 12, 14, 15, 23

Courage to Live & Die
Well

Virtue of Courage

- Courage is essential to making the right decisions & cultivating mature happiness
 - Adler: Courage is similar to will to power & precondition for community interest
 - Frankl (1985): Courage is based on the defiant power of the human spirit
 - Plato & Aristotle: Courage is a cardinal virtue
 - Confucius: Courage is a virtue of “great men” or *shi junzi* (士君子)

Existential Courage

- Courage to be true to oneself (authenticity)
- Courage to belong to group & serve others
- Courage to believe in God or higher power

Existential Courage

- My definition of courage:
 - Courage is a matter of the heart & the will. It is an attitude of affirmation & optimism that enables one to have the true grit to strive towards worthy life goals & make a significant contribution to society in spite of all the dangers & oppositional forces. Courage is not only essential for individual survival & thriving, but also for global well-being & world peace.

Seven “No”s to Fear

1. Fear No Death
2. Fear No Evil
3. Fear No People
4. Fear No Suffering
5. Fear No Failure
6. Fear No Face-losing
7. Fear of Fears

Ways of Overcoming Fears

- Self-talk
 - I *need* courage for everything in life
 - I already *have* the capacity for courage
 - I *must* use my courage to overcome this current crisis

Ways of Overcoming Fears

- Confronting & overcoming fears
 - Freedom is at the other end of fears
 - Learn how to confront & overcome difficulty, failure, & rejection
 - Paradoxical intention in logotherapy

Ways of Overcoming Fears

- Encouraging & reinforcing courage
 - Encourage & inspire students to try
 - Small victories can reinforce the will to face & overcome fears
 - Encourage students to cooperate with others
 - Engage in collective coping as another way to gain courage

Ways of Overcoming Fears

- Building up resources
 - Fear often results from lack of preparation or resources
 - Wong's (1993) resource-congruence model of effective coping
 - Cultivate social capital (relationships, support networks)
 - Cultivate psychological capital (education, wisdom, faith, optimism, courage)

Ways of Overcoming Fears

- Practicing the CasMac approach
 - Courage is just one of six elements of CasMac model
 - Whenever we cultivate other elements, we also automatically reinforce courage
 - Mindful meditation, perspective shift from self to others, practicing compassion & self-transcendence, endurance training, taking part in teamwork, etc.

Grit

- True grit is having the courage to do what is right and worthy in spite of fears, oppositions, obstacles, failures, and hardships
- A 4-factor theory of grit: Courage, Endurance, Faith and Perseverance

True Grit Checklist

1	Are you willing to defy authority in order to stand up for what is right?	Yes / No
2	Have you ever risked inconvenience or danger in order to help others?	Yes / No
3	Have you ever overcome obstacles and oppositions to pursue a worthy goal?	Yes / No
4	Have you ever taken on a task in spite of fear of failure and opposition?	Yes / No
5	Are you willing to endure hardships and setbacks in order to accomplish your life goal?	Yes / No

True Grit Checklist

6	Are you willing to risk rejection in order to be true to your core value or belief?	Yes / No
7	Have you ever suffered because you chose principle over expediency?	Yes / No
8	Have you ever endured great difficulties and adversities in completing a big project?	Yes / No
9	Do you have something that is bigger than personal success and worth dying for?	Yes / No
10	Have you ever accomplished anything that initially seemed impossible?	Yes / No

Know Yourself

Know Yourself

- Know your noble nature (true self)
- Know your strengths & weaknesses
- Know your likes & dislikes
- Know your life calling & career goals
- Know your dark side & blind spots
- Know your finiteness & destiny

How to Relate to Others

Developing Empathy

- Understand human frailty
- Understand hardships inherent in life
- Understand that no one is perfect
- Learn to accept people as they are

Developing Compassion

- Being kind to others benefits all people, including yourself
- Compassion towards others should be the foundation for all relationships
- Compassion towards enemies through forgiveness
- Compassion towards self through self-forgiveness & self-care

How to Cope with Problems

Inevitability of Suffering

- Buddha: “Life is suffering”
- Jesus: “In this world, you will have trouble...”
- Natural disasters & human tragedies
- Aging, illness, & death
- Traumatic life events & daily stress
- Failures & frustrations

INTRAPERSONAL STRESS

PAST

PRESENT

FUTURE

Regret/guilt

Anger/frustration

Anticipatory stress

Emotional baggage

Tension/irritability

Fear of unknown

Traumatic memories

Existential angst

Fear of failure

Grieving & loss

Catastrophizing

Fear of dying

Coping

- We need
 - Mindfulness
 - Appraisal
 - Resource-Congruence Model
 - Cultivating resources
 - Employing appropriate coping methods

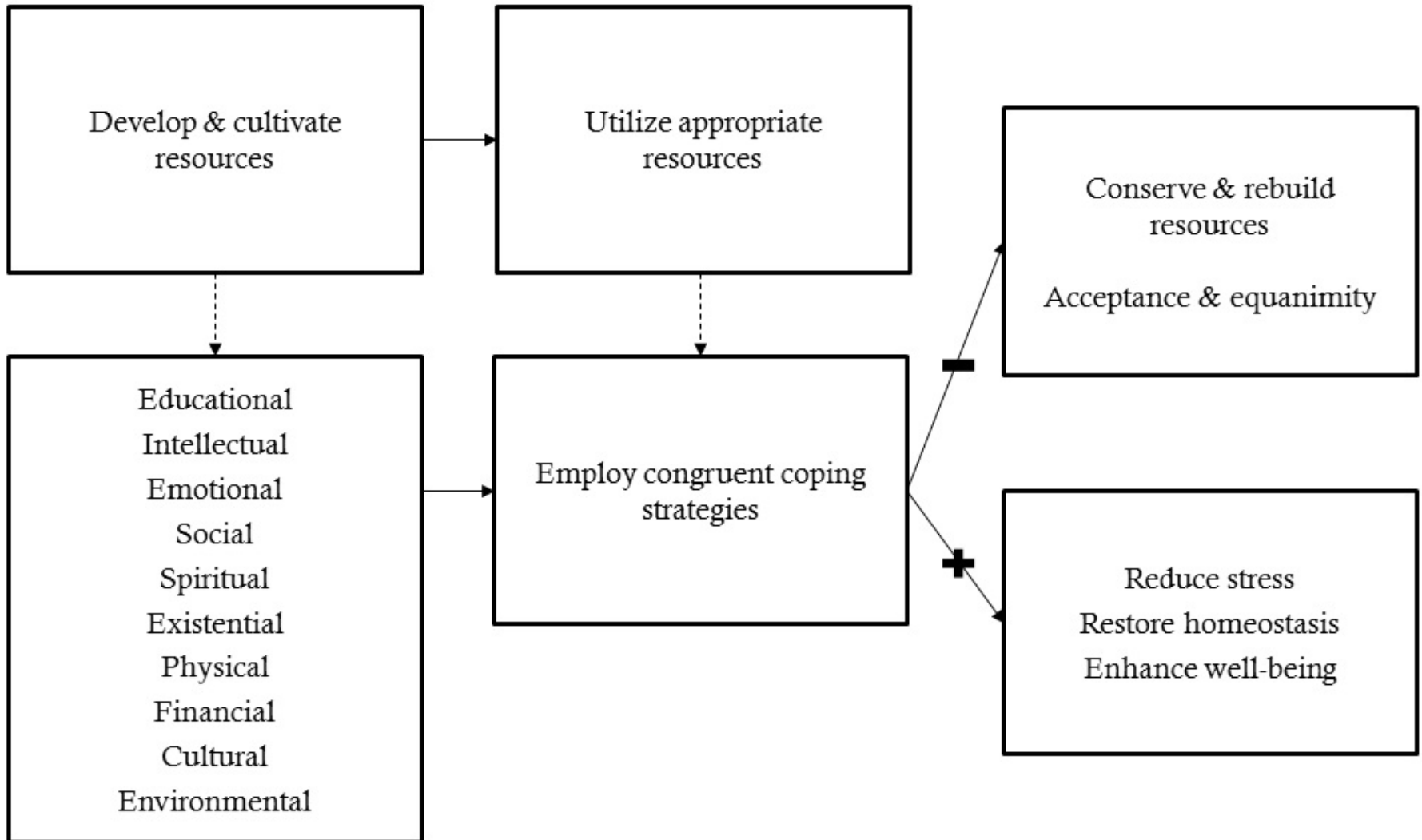
Meaningful Coping

- Re-appraisal
- Reframing from problem to larger & positive meaning context
- Perspective shifting
- Re-authoring

PROACTIVE COPING

REACTIVE COPING

PROTECTIVE COPING



Resource-Congruence Model of Effective Coping

- Do I have the needed resources (external & internal)?
- Do I have the appropriate coping responses?
- If the answer to both is affirmative, then we don't experience stress

Cultivating Internal Resources

- Education & life education
- Faith & spirituality
- Courage & grit
- Endurance & perseverance
- Physical & mental health

Cultivating External Resources

- Social support
- Friendships
- Financial resources
- Cultural resources