

Developing Competencies

Do you remember learning to ride a bike? Do you remember learning to swim?



For many of us, these beginner experiences are far enough in the past that we struggle to recall the intense experience of facing so many UNKNOWNs. How do I balance? What if I fall? How do I keep my head above water? What should I be doing with my legs? These early learning experiences provide a snapshot of our own capacity for tolerating ambiguities. They were unlit paths we navigated successfully.



Make a list of things you know how to do, beginning with tying your shoes. Build your list to include simple, seemingly mundane skills and more complex ones. Write down as many as you can in 3-4 minutes.

Remember the journey through learning just one of the skills you listed. How did you acquire that skill? Can you recall moments of difficulty? What propelled you forward?

CREATIVE ENGAGEMENT FOR HEALTH

