

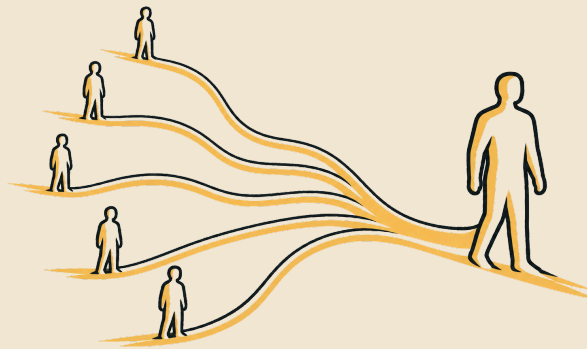
WHO YOU LEARN FROM SHAPES WHO YOU BECOME

The Wisdom We Borrow with Ashton Palmer

The people we learn from shape what we think is possible, so it's worth choosing them on purpose. This page turns these lessons into action this week.

1 3 BORROWED LESSONS

- A. Seek wise counsel, and stay open.** Be ready for answers you didn't expect. As iron sharpens iron, the people who challenge us help us grow.
- B. Choose who you learn from on purpose.** The people we learn from shape what we think is possible.
- C. Knowledge is a start. Wisdom is using it.** Knowledge gives you something to work with. Wisdom is knowing when and how to use it.



2 BORROW THIS (5 MINUTES)

List the five people you spend the most time learning from, in person, online, or in your ears. Next to each, write one word for what they're teaching you.

3 YOUR WORKSHEET

Who do I learn from most?	What are they teaching me?
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Which area of my life feels thin?

Who could I learn from there?



Your next step this week: Reach out to, read, or listen to one person who could fill the thin area.

Who could I be more intentional about learning from this week?

4 OPTIONAL: AI COACH PROMPT

Copy and paste this into your favorite AI tool:

Act as a thoughtful coach who believes iron sharpens iron (Proverbs 27:17).

Here are the people I learn from most (friends, mentors, authors, podcasters, anyone) and what each teaches me: [YOUR LIST].

The areas of life I care about are [e.g. faith, family, health, money, work, friendships].

Then:

1. Map my list to those areas in a simple table, and show which areas are strong, thin or empty.

2. Pick the ONE area where a missing mentor is costing me most, and explain why in 2 sentences.

3. Suggest 3 types of people I could learn from there: one I could meet in person, one I could learn from at a distance (book, podcast) and one peer a step ahead of me. For each, add where to find them and a first step for this week.

Be honest. If my list is all one kind of voice, tell me.