

Using Outer Wisdom Wisely

Outer wisdom tools can be very valuable on our health journeys—certainly, education, information and knowledge can provide powerful support! However, without the foundation of inner wisdom, we can rely on outer wisdom for guidance in ways that keep us stuck, and closed-minded. This limits our ability to see our obstacles clearly, and to determine how to best approach them.

If you're unsure about whether you're turning to an outer wisdom tool with wise consideration, below you'll find some questions to ask yourself. Use additional paper to explore if needed.

Think about an outer wisdom tool that you are currently using in your life, or that you are considering using (i.e., a specific diet, a dietary lifestyle, a meal plan, expert advice, etc.). To evaluate this tool, reflect on these questions:

- What is my intention in using this tool? (To lose weight? To improve an aspect of my health? To learn about my body?)

- How much am I relying on this tool? Do I want someone else (i.e., an expert) to tell me what to do? Or am I thinking critically about how/whether this tool might fit into my individual lifestyle?

- Have I researched this tool, and to what extent? If it's a particular diet or particular way of eating, do I know how it can impact my physical body? (Beyond weight loss claims.) Do I know how it can impact my emotional & mental health?

