

The Process of Wisdom is created from BELIEF.

It starts with reflection - do you reflect on your life? Remember, as Socrates said, "The unexamined life is not worth living."

Also, beliefs only become decisive once one is schooled. How you determine your "schooling" is dependent on what you consider education - it could be something you read, a YouTube video sent to you by your crazy aunt, or actually doing research, getting certified, or a degree.

The word Philosophy means "the love of wisdom."

How do we get to the place of wisdom?

1. No more FOMO - instead, use FONT = Fear Of Not Thinking. Create space in your life to reflect so you can stop reacting. Slow down, reflect, and be thoughtful (thoroughly!) about your decisions.
2. Choose Quality over Quantity. Notice how that works with a few reflections and adjustments with food? Real quality food over time results in less, not more hunger.

3. The art of nuance - all or nothing is perfectionism, full stop! - and different from food rules. There is no gray area when it comes to food, but that's because your body is fearfully and wonderfully made by God whose blueprint is PERFECT. Only real food will work. Crappy food, aka mouth entertainment, will not.

However, understanding, listening, empathizing with others of a different viewpoint sharpens, clarifies, and allows for grace. Grace is unmerited mercy and wisdom wrapped together.

4. Humble Pie - we ALL need a slice of that pie! Bertrand Russell said, "The whole problem with the world is that fools and fanatics are always so certain of themselves, and the wise are full of doubt."

5. There is a balance: Ethics + Pragmatism = Wisdom. This is how we act with purpose - the ultimate alignment assignment. When we are in sync with our morals and apply them practically to help others, wisdom reigns supreme.

Beliefs become wisdom when we understand these philosophical points. 