

- CURIOSITY -



CURIOSITY IS THE DESIRE TO ASK QUESTIONS, INVESTIGATE AND LEARN MORE.

Curious people are active in seeking information and experiences that expand what they know and understand and they use curiosity as a tool to be more active and make learning more interesting.

We need to feel calm and secure and come from a non-judgmental place to be curious. If we are judging, feeling angry, defensive or shut down it's hard to access our desire to ask questions.

WHY

- + Curiosity expands the mind and opens it to different ideas, opinions, and topics.
- + It makes us smarter, more compassionate and more interesting.
- + Being curious helps us learn from our mistakes.
- + It feels good to both ask questions and to be asked questions. When we're asking questions, we get to experience the joy of discovering new things and when we're answering questions, we feel valued because someone is interested in what we know, think and feel.

HOW

1 STEP: Ask questions! Wherever you are and whatever you're doing, think about a question you could ask: WHAT? WHERE? WHEN? WHY? HOW? I WONDER...

That sounds simple and yet you might actually find it hard to ask questions and do it consistently. The good news is that while some people may appear to be more naturally curious, we are all capable of learning to be curious.

Tip: Listen closely to what people are saying and notice your thoughts. Challenge yourself to think of questions while you listen rather than planning what you want to say about the topic.