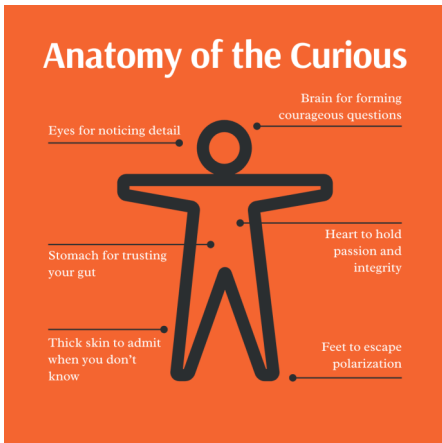




Radical Curiosity
now

Curiosity Workout Ideas

exercises, ideas & challenges to keep you curiously nimble



Common BLOCKS to Curiosity

If you feel yourself stuck in any of these blocks, try replacing the thought with a **what-if** or **I wonder** question. Don't judge, just try again from a curious place when you are ready.

- Black-and-white thinking
- Discomfort with uncertainty
- Cognitive inflexibility
- Cognitive dissonance
- Attachment to biases
- Fear and judgement
- Perception & information gaps
- Echo chamber effect
- Polarization and dualism
- Stereotyping
- Resistance to change
- Win/lose and either/or behavior
- Rusty imagination
- Lack of curiosity practice

Regular practice of a skill or mindset literally stretches and strengthens your neural pathways. The more you practice these behaviors the more they come naturally. Remember, getting curious doesn't mean you have to change your mind or take action — keep it simple. Just practice the curiosity muscle and you'll know what to do next.

Do Something, Learn Something

- Take a Google Maps virtual trip—explore a new place digitally.
- Get curious about your ancestry.
- Random reading/listening — pick a random text or podcast and dig in.
- Let yourself go down the rabbit hole guilt free—follow every instinct.
- Try a new Spotify list, radio station, or streaming channel.
- Sit by someone new at the next group, parent, or work meeting.
- Lean in —get curious about and play with resistances.
- Micro-dose opposing ideas—try them on just to see how you feel/react.
- Get curios with A.I.—ChatGPT conversations are great if you want to explore polarizing topics without going face-to-face.

Curious Mindset Exercises

- Practice listening to your body / follow your instincts with curiosity.
- Practice asking yourself questions starting with: What if? I wonder why, when, how, where, who? (or) What don't I know about this already? — then let yourself explore freely.
- Try getting curious with your senses: nose, eyes, ears, touch, taste.
- When stuck in black-and-white (either/or) thinking, ask yourself, “what if it could be both/and?” Or try out a thought more in the middle?
- Have fun with a ‘no judgment day.’
- Challenge yourself to find common ground with anyone or anything—what do I have in common with this tree, with this neighbor, etc . . .
- Say thank you when you learn something new.

Curiosity Field Trips

- Try a new route to a destination (for extra credit, turn off the GPS).
- Get curious on elevators—engage the stranger with a friendly question.
- Gift yourself no-goal browsing time at libraries, bookstores, thrift stores or neighborhoods.
- Look deep into detail with your eyes /explore something new in nature.
- Ask a friend, senior or kid to take you on a field trip. They lead and you get to ask all of the questions.
- Visit a coffee shop, post office or café in a neighborhood out of your norm. Resist the temptation to judge or compare. Just check it out.