



# Curiosity:

## The Defining Attribute of the Child

Children are by nature, curious beings. They learn by tasting, touching, and watching. Children don't scan an activity or environment and instantly judge it. They witness, savor, and grow into the world as they come to know it.

Curiosity is one of the *cornerstones of creativity*. Cultivating it actively as an adult reconnects you to the child who has always been with you, whether you realize it or not, and reintroduces you to the sacred creative dwelling within you.

Take steps right now to engage your curiosity and your inherently creative Child self by embracing a few simple steps.

### THE ACTION PLAN:

#### Part One

No matter how you begin learning to do something your **curiosity** is engaged. When you want to cultivate curiosity intentionally, the following advice is helpful:

- ▶ Don't be afraid to ask dumb questions.
- ▶ Don't be afraid to admit you don't know something.
- ▶ When you recognize you don't know something, go look for the answer.
- ▶ Don't be afraid to be wrong!
- ▶ Ask other people questions when you can. Google is great but sometimes people are better.

#### Part Two

Make a list of things you wish you knew how to do, or want to learn more about. Choose one whenever you can and spend a few minutes "researching" your area of interest. This is also known as a form of PLAY! At the end of the research period you will either know as much as you need to know, or you'll want to find out more. Keep going.

#### Remember:

CURIOSITY IS OPEN-MINDED, NOT JUDGMENTAL, ALWAYS SEEKS UNDERSTANDING AND BRINGS OUT THE PERSONAL BEST IN US AS AN ONGOING PURSUIT.

