

**OPEN-MINDEDNESS
& INTEREST**

Healthy curiosity can be learned from small children or animals who look without judging. They are interested in every point of view and not upset by irregularities or opposite opinions, it is all something to explore.

What are the signs of healthy curiosity and interest?

What type of jobs might suit a person who tends to be curious and interested in everything?

What advantage is there in being interested and curious?

Make a plan to increase your curiosity strength!

This is a situation where it would be helpful to be more curious and interested:

This is what I can do to be more open-minded (e.g. not judge others, explore life more):

This is when and where it would be helpful to be more curious and non-judgemental:

To remind yourself to do this PRINT or TAKE A PHOTO of this page.