

Curating Your Curiosity

I hold that curiosity is the second most powerful energy after love.

1. Embrace the questions. We go through life making up our minds about everything and everyone we engage with. What if you stopped, took that one breath and held your judgement, for just even one moment. What would that allow you to see?
2. Follow your intrigue. What fascinates you? What sparks that sense of wonder you feel within? What do you really want to spend more time doing? Let your inner guides lead you to explore what brings you joy,
3. In your busy life do you create the time for listening? Sitting with a cup of tea, or that exquisite five minutes before the kids wake up, or shifting the priority of the day slightly to allow for your inner self to peak around the corner and listen to what you need.
4. Change up where you take in information. A different news channel, listen to a different video blog, read an author you heard about, take a different path on your walk, or try that restaurant you heard about instead of your usual haunt. Different perspectives, angles, opinions, and insights grow your understanding and may lead to more questions.
5. Engage. In this age of social media personal, human, one-to-one contact is even more important. Finding your tribe is even more important than ever. Shared interests and energies creates collaboration, community and a shared space where invention and understanding happen.
6. Taking your time to reflect on new discoveries allows connection to what you know and what you've learned. Be that life-long learner. Age does not stop learning, understanding, and growth. Age should be the base camp of understanding as you climb the mountain. How is your life story going to be told?
7. Stay humble. When you realize you don't have all the answers, that vulnerability allows more understanding, compassion, and curiosity into your life.

If this raises more curiosity for you to follow your path, please contact me at scott@rscottholmes.com and we will travel your journey together.