



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 20 Action Guide: Curiosity

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Choose a situation you'd like to be more curious about. What is your current perspective? What lens do you see the situation through?

One of the biggest skills we can practice as we develop more curiosity is asking open-ended questions. Open questions are curious questions and create space for the other person's thoughts, reflections and feelings. Think of three open questions you will ask this week to gain new insight and perspective into your current situation. (ex. "What about that is important to you?") Write your questions here:



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After you've had opportunity to ask your curious questions, reflect on your experience:

How did these open questions broaden your perspective?

What did you learn?

What was the impact on your current situation?