

Connecting with your curiosity

Mental
Health
UK

Curiosity is one of the great secrets of happiness. Write down three ways that curiosity can help you.



1...

2...

3...

There are also enemies of curiosity to watch out for. How do the following three concepts block curiosity?



Comfort zone

Learned helplessness

Closed mind

Action Plan

Use your learnings about curiosity to help you complete the following action plan template. What alternative options might you explore to help you make decisions?

Action plan template

What steps are you going to take when making decisions about your future? There is no right or wrong answer as this is your template.

When and how?

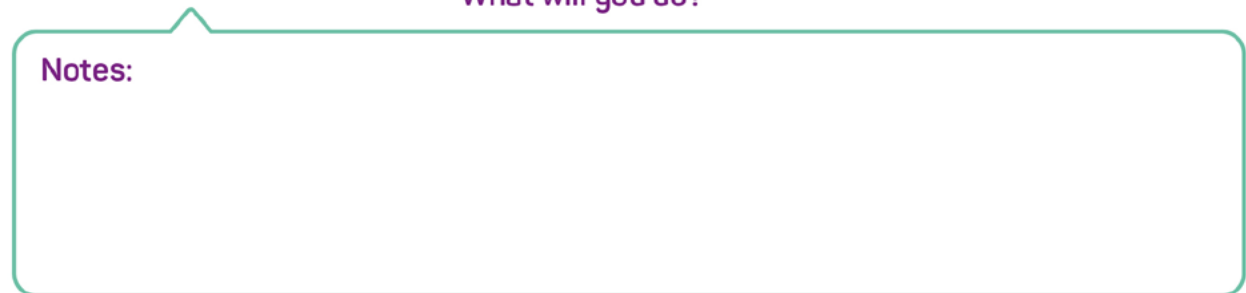


Three empty rounded rectangular boxes with a light green border, arranged horizontally. Each box has a small downward-pointing triangle at its bottom center, suggesting they are meant to be connected to the steps below.



Three chevron-shaped boxes with a light purple border, arranged horizontally and pointing to the right. The first box is labeled "1st", the second "2nd", and the third "3rd".

What will you do?



A large rounded rectangular box with a light green border. It has a small upward-pointing triangle at its top center. The word "Notes:" is written in purple at the top left corner of the box.