



## Activity Five: Be Curious

### Purpose:

This exercise is designed to help you own up to your inner explorer without the cumbersome judgments we often place on being curious. It is ideally started before you begin a major transition, but it can be updated as you go along. It is an ongoing activity to be undertaken throughout your journey.

### Introduction:

No matter where you are on your big adventure, you undoubtedly have hundreds of questions - from the practical (Do I need a visa for that?) to the somewhat mundane (How early will I be able to get my cup of coffee?).

Unfortunately, most of us learn early in life that asking too many questions is not okay. In fact, we often stifle our curiosity out of concerns for looking stupid, naïve or annoying. But, the truth is you *are* curious! You're an adventurer! You're a seeker of new and interesting things.

### Instructions:

Use this space to write down the questions that you have. There's space here for 34 questions, but you can challenge yourself to come up with even more questions about your transition, the place you'll be going and the life you might have there. These can be questions about you, the world around you, your loved ones – anything! They can be short-term or long-term questions. If you like, you can assign the questions a category in the middle column (e.g. personal, professional, practical, cultural, etc). Then, use the check boxes at the right to mark off when you encounter a response that satisfies you.

Note that you're not checking off "answers." The most important thing to note about this exercise is that not every question has an answer. A lifestyle of adventure has a lot of ambiguity. Rarely, are things exactly as they seem. So, focus in on what satisfies you as a response to the questions you list. If you get a clear-cut answer – fantastic! If you don't, well that's just fine too.

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World Tree Coaching

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World Tree Coaching

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