



Reflection:

## Curiosity



From the podcast:

### The Human Story

S1 E5 - 14/08/2025

Curiosity - The Courage To Be Curios

[Listen Online ►](#)

**“Curiosity will conquer fear even more than bravery.” —  
James Stephens**

Curiosity is more than asking questions.  
It is movement.  
It is openness.  
It is healing.

This week, give yourself permission to explore—without judgment, without needing immediate answers, and without needing to “fix” anything.



## **1. Where in my life have I stopped asking questions?**

Take a moment and reflect:

- Where have I become rigid, predictable, or defensive?
- In what area of life am I operating on autopilot?
- Where have I accepted “this is just who I am” without exploring further?

**Journal:**

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

## **2. What is one question my life is asking me right now?**

Curiosity often begins with simple questions:

- What if...?
- How come...?
- I wonder why...?
- What would happen if...?

What question keeps returning to you lately?

**Journal:**

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |



### **3. Curiosity in Relationships**

Think of a current relationship—partner, child, friend, colleague.

Instead of asking:

"Why are they like this?"

Try asking:

"I wonder what this feels like for them?"

#### **Reflect:**

- Where have I been trying to be understood instead of understanding?
- Where have I become defensive instead of curious?
- What conversation might shift if I became more open?

#### **Journal:**

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

### **4. Is My Nervous System Open or Closed?**

Curiosity needs safety. Check in with your body.

#### **Today I feel mostly:**

- ☐ Open
- ☐ Calm
- ☐ Curious

OR

- ☐ Tight
- ☐ Defensive
- ☐ Overstimulated

If your system feels closed. What might help create safety today?

- ☐ Breathwork
- ☐ Silence
- ☐ Nature
- ☐ Movement
- ☐ Prayer
- ☐ Journaling
- ☐ Connection

What do I need most right now?



**Journal:**

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

## **5. Follow One Thread**

This week, notice one thing that sparks your curiosity.

It might be:

- A conversation
- A memory
- A dream
- A fear
- A creative idea
- A body sensation
- A book, song, or quote

Instead of dismissing it...

**Follow it.**

What is calling for your attention?

**Journal:**

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |



## **6. Practice: Curiosity Without Judgment**

For the next 7 days, practice this sentence:

**“That’s interesting...”**

When you notice:

- Anxiety
- Anger
- Resistance
- Excitement
- Fear
- Creativity

Pause and simply say:

**“That’s interesting...”**

What did you notice when you practiced this?

**Journal:**

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

## **Final Reflection**

“The more curious you become, the more conscious you become. The more conscious you become, the more actively you write your human story.”

## **This week’s question:**

What is one thing I’m willing to become curious about... even if it scares me, you are an overcomer of any fear?

**Journal:**

|  |
|--|
|  |
|  |
|  |
|  |



