

THE CURIOSITY CYCLE

Cheat Sheet

CURIOSITY CREATES SPACE FOR CHOICE.



AND THEN... NOTICE AGAIN

The Curiosity Cycle isn't about getting it right.
It is a continuing practice of:

Noticing. Learning. Trying. Reflecting. Adjusting.

Each time through the cycle gives you another opportunity to respond with greater awareness and intention.



WHEN YOU FEEL STUCK, RETURN TO CURIOSITY:



What am I noticing?



What might I be missing?



What else could be true?



What is happening in me right now?



What could I learn here?

