

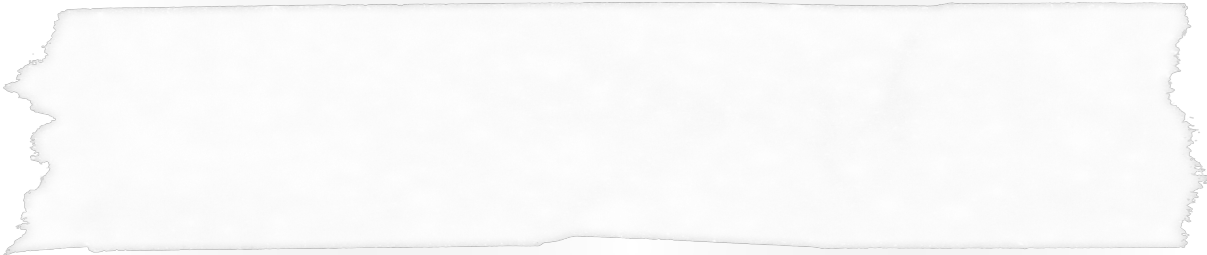


PRACTICE:

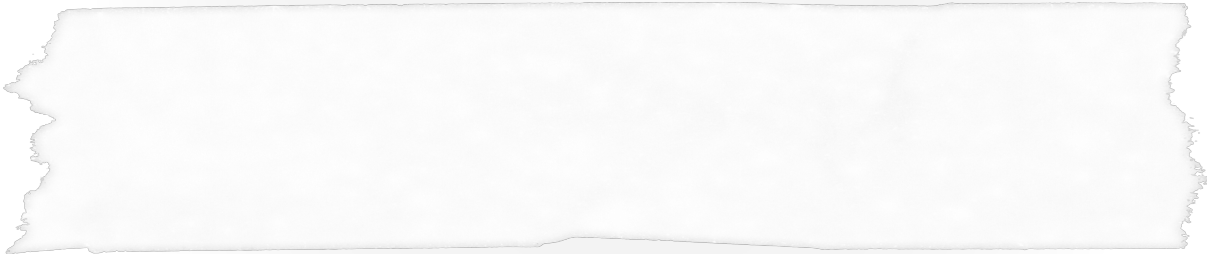
Explore Curiosity

Think of a time that you got lost in fascination by a new subject or idea.

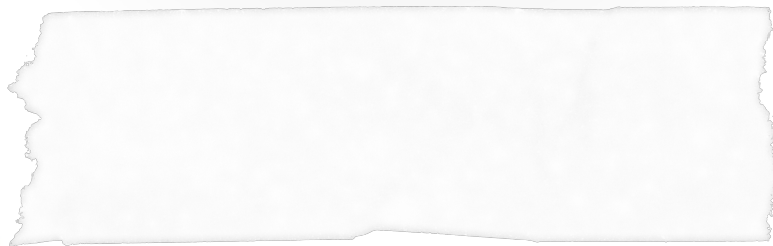
What was it?

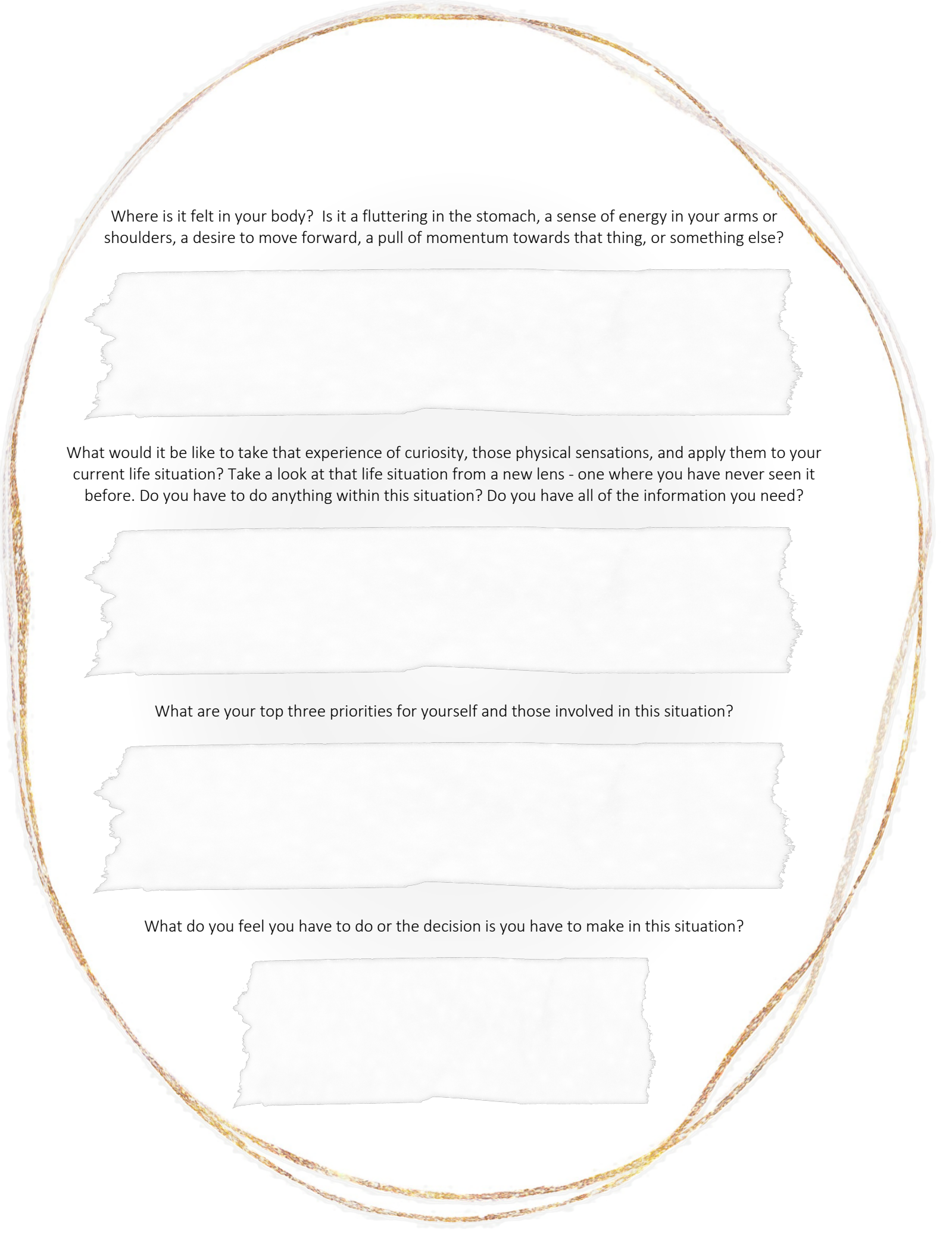


In that moment, that spark of curiosity, what three adjectives best describe it?



Is there a smile on your face, has the rest of the world disappeared narrowing to this one new, exciting idea? Or does it feel or look like something different? Where is it felt in your body? Is it a fluttering in the stomach, a sense of energy in your arms or shoulders, a desire to move forward, a pull of momentum towards that thing, or something else?

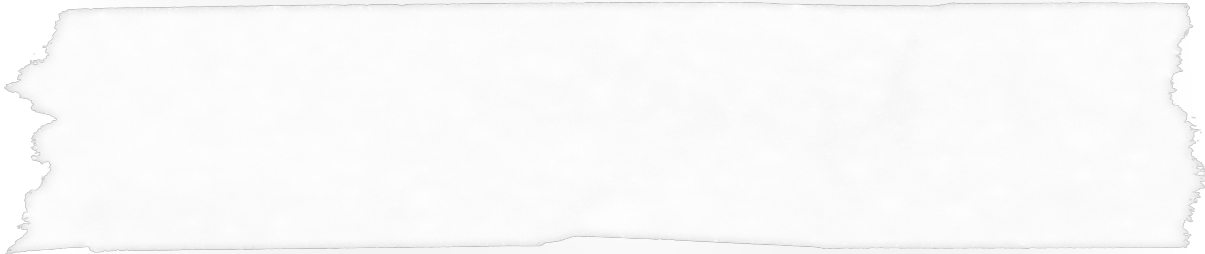




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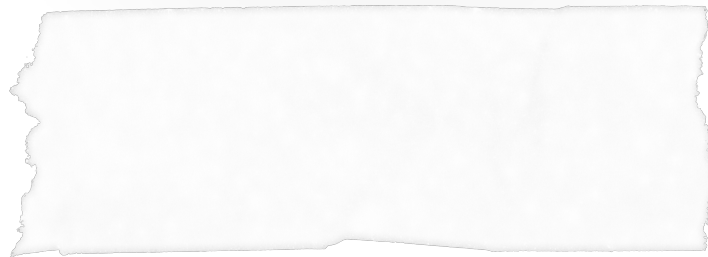
What would it be like to take that experience of curiosity, those physical sensations, and apply them to your current life situation? Take a look at that life situation from a new lens - one where you have never seen it before. Do you have to do anything within this situation? Do you have all of the information you need?




What are your top three priorities for yourself and those involved in this situation?



What do you feel you have to do or the decision is you have to make in this situation?





What is the polar opposite of what you feel you have to
do or decision you have to make in this situation?

How does that feel? What physical sensations do you feel in your body?

Are you noticing any emotions crop up? Are you willing to get curious with them too?

Return to www.HigherLevelHappiness.com/Emotions to continue in the experience.