

C is for Curiosity

Make Winning Easy, Make Losing Fun: Cultivating Curiosity Worksheet

Name: _____ Date: _____

PART ONE

Deep Dive Down a Rabbit Hole

Follow your curiosity outward — into new subjects, new worlds, new questions.

STEP

1

Interest Exploration

List 5–10 topics that naturally spark your curiosity. Include childhood interests you may have forgotten.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

STEP

2

Topic Selection

Choose one topic from your list above — ideally something unrelated to your career — to explore this week.

Selected Topic:

STEP

3

Exploration Plan

Plan how you will explore this topic. Check all that apply:

- Watch educational videos or documentaries

- Read articles or books
- Listen to podcasts
- Join an online community
- Attend a local meetup or event
- Take an introductory class

Other:

STEP

4

Weekly Curiosity Log

Track your exploration each day. Even five minutes counts.

Day	What I Explored	Time	New Things I Learned	Questions That Arose
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

ADVANCED TACTIC

Assumptions Challenge Exercise

Turn curiosity inward — interrogate the beliefs you have never thought to question.

STEP

1

Choose Your Focus Area

What aspect of your life or current project will you examine?

Focus Area:

STEP

List Your Assumptions

Implementation Plan

Choose your top 3 action steps from the table above and commit to testing them.

Action Step 1

Timeline:

Success Metric:

Action Step 2

Timeline:

Success Metric:

Action Step 3

Timeline:

Success Metric:

Remember:

Curiosity is not a personality trait you either have or don't. It's a muscle. Every question you follow, every assumption you challenge, every rabbit hole you chase is one rep to exercise your curiosity muscle. The more you practice, the more interesting the world becomes.