

# Curiosity

*Associated character strengths or aspects of Curiosity*

- I. Love of Learning
- II. Interest
- III. Novelty-Seeking
- IV. Openness to Experience

## Brief Explanations

- Curiosity is an intrinsic desire for experience and knowledge
- Everyone experiences curiosity, but they differ in its depth and breadth, and in their threshold and willingness to explore it.

If **CURIOSITY** is your strength, you would resonate with some or many of the following statements...

- I enjoy exploring new environments
- I easily find new things or perspectives in familiar environments
- I find people interesting, even those whom others might seem boring to
- There are many subjects that raise my interest
- A single subject matter can hold my attention for a long time
- My sense of curiosity is stronger than my sense of anxiety
- People sometimes tell me I ask too many questions
- "Why?" is one of my favorite words
- I have grown much as a person thanks to my sense of curiosity

## Ways to cultivate and strengthen **CURIOSITY**

- Regularly explore different philosophical thoughts, emotional experiences, and creative expressions (e.g. architecture, technological inventions, art, music).
- Devote time and energy to a specific topic (e.g. watercolors, jazz, permaculture) for a sustained period of time in order to know it in great depth.
- Spend time with people who are also curious.
  - Associate with those who have explored specific topic in great depth or breadth
  - Associate with those who have explored a diverse range of topics.
- Regularly spend time in new and unfamiliar environments

- Regularly spend time with people who are very different from you
- Regular spend time with people who are like you and try to understand their subtle differences from you.

*Source: Character Strengths & Virtues, by Christopher Peterson & Martin Seligman*

*Created & Edited by H.D. Lee*