

MODULE #1

Curiosity: Never Run Out of Things to Talk About.

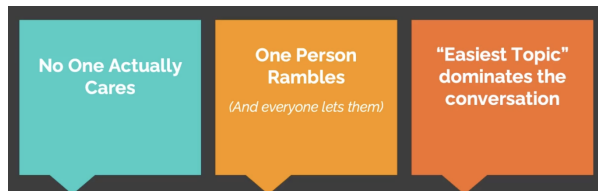
LESSON: The Sneaky Thing Ruining Most Conversations

3 Levels at which conversations fall apart:



"If your intention is off, nothing else will matter. "

3 Conversation ditches that you can fall into:



Pivotal question at the onset of this course:

Do I *want* to care?

If you just want the mechanics but don't want to do the work to care, *then ask for your money back now*, because you won't benefit from the rest of this material.

But if you want to care, and maybe even DO care already, then let's go!

I can help.

NOTES:

Where is my curiosity now in my life? Flame (childhood) vs tiny ember or nonexistent?

“Do I want to CARE?” = Do I want to have curiosity in me towards others and connect with people in conversation? Do I want the ember to grow into the fire of curiosity I had as a kid?

LESSON: Restore Childlike Curiosity with 3 Questions:

Fundamental next question: "How do I grow in curiosity?"



Good News
You can grow your curiosity...

- **FIRST**
You can grow your curiosity before you jump into conversations
- **ALONE**
You don't need to be around people to work on this

Bad News
The work will require

- **INTENTION**
Our minds go get stuck in patterns, you'll need to tell yours what to do.
- **TENSION**
Holding questions without answers is a tension and a state we're unfamiliar with

3 Fundamental Questions:

1. What am I learning from this moment?
2. What is happening around me?
3. What is it like from their perspective?

Curiosity ≠ agreement.

You are wrong 100% of the time.

Curiosity is raw and unfiltered. It doesn't immediately lead to good questions. Good questions are crafted from the furnace of our curiosity. The next lesson is on how to craft questions.

NOTES: Go for a walk or sit in a coffee shop/park and Observe. (THIS PART is unfiltered curiosity which is raw and not shared yet with others.)

What am I learning in this moment? (About me, about how I feel about this setting and what I like/don't like etc.)

What's happening around me right now? (Look around and observe your surroundings. Find things to wonder about.)

What is it like from _____ perspective? (Based on what it'd be like to be someone you're observing - your opinions are not part of this.)