CONVERSATIONS WITH
IMPACT

THE BRIDGE OF CURIOSITY

STANDALONE CONCEPT IN THE IMPACT MODEL

AIMS:

- Develop your understanding of curiosity and its benefits
- Identify ways you can practice being more curious
- Help you consider which areas of your life can benefit from your being more curious.

THE IMPACT MODEL

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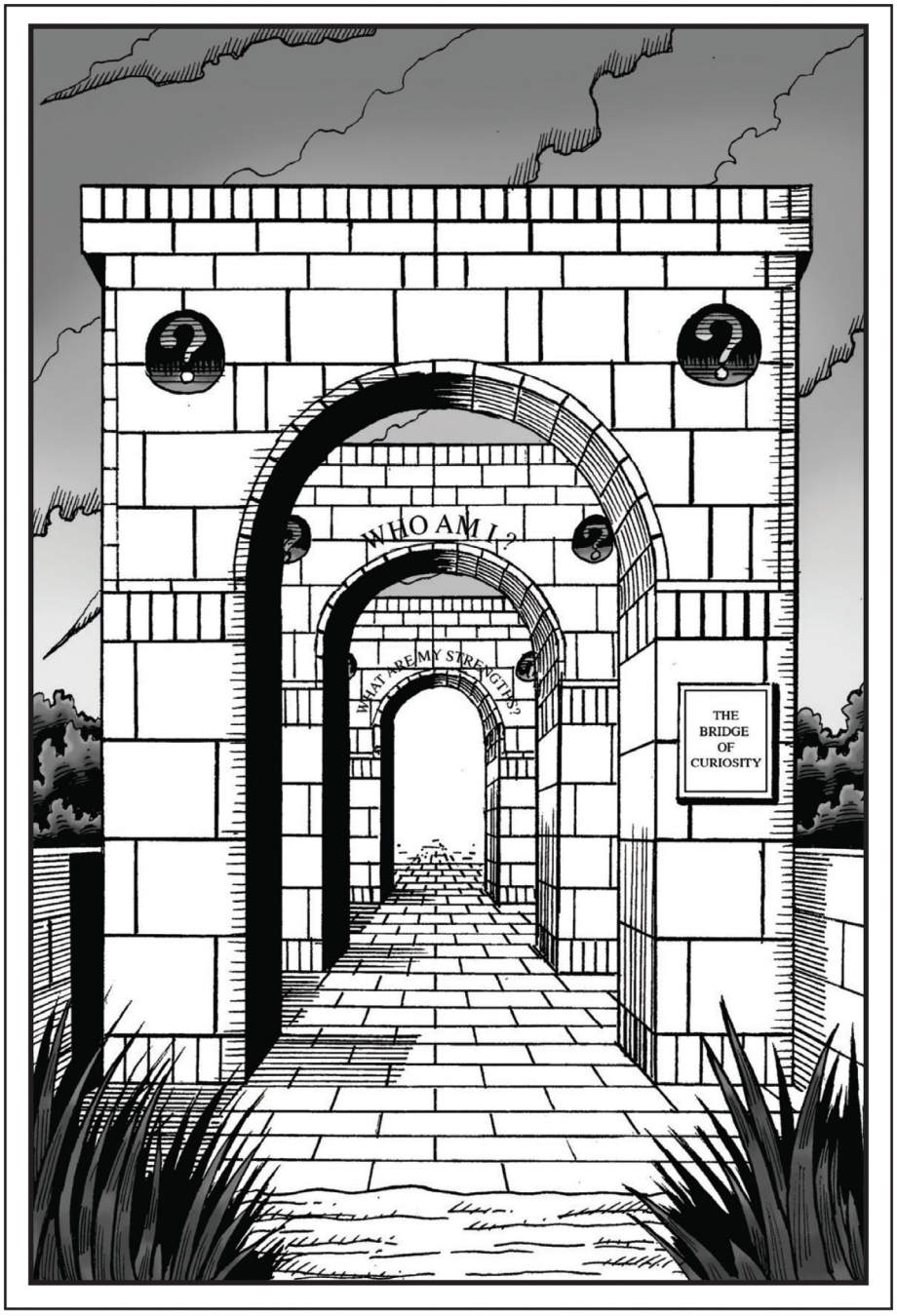

THE BRIDGE OF CURIOSITY

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FIRST A STORY...

Where you are now is not where you want to be. Where you want to be is somewhere else, but your difficulty is you don't know where that somewhere else is or how to get there. You know you have to get to where you want to be because staying where you are isn't an option. As you ponder your predicament, a bridge appears in front of you. While you can't see over to the other side, you have a sixth sense that stepping onto it is the right thing to do. You notice the Bridge is made of stone and etched into one of the stones on the right-hand side is what you assume to be its name, 'The Bridge of Curiosity'. And then you notice that the Bridge is etched with other writings, all in the form of questions.

- 'Why do you need to get to the other side?'
- 'What do you not have or know that will get you to the other side?'
- 'Who can show you how to get across?'
- 'Who will you be over the other side?'

The more you look, the more questions you see. And the more you see, the more curious you become. And the more curious you become, the more the Bridge appears ahead. "Now that is curious," you say to yourself.

An idea pops into your head. You look away from the questions and stop being curious. "Yes," you say, "I knew it!" For up ahead, the Bridge seems to disappear into nothingness. You have no choice. Only curiosity will get you over to the other side and where you want to be. And so you let your curiosity get to work, helped along by the questions carved into the Bridge.

Then, just as suddenly as the first side of the Bridge of Curiosity appeared, so does the other side. Looking straight ahead, you see a beautiful landscape opening up in front of you. Your attention is drawn to a sign that removes any doubt about what you are seeing. It says, 'Where you want to be.' As you reach the end of the Bridge, you notice a hammer and chisel resting against its righthand side. Picking them up, you chisel a question of your own into the stone. Then you step off.

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CURIOSITY

Curiosity is one of our most important states and abilities because it bridges where we are now with where we want or need to be. Curiosity switches on the parts of our mind/body systems that switch off when we become stuck or fall into despair and reconnects us to a world of potentialities, possibilities, answers and solutions.

Curiosity frees us from the grip of our difficulties and challenges by satisfying the part of us that needs to see progress and reassuring the part of us that knows progress takes time. Curiosity enables a shift in our identity from someone who can't or doesn't know how into someone who can or will find out. In this land of curiosity, we become explorers.

BENEFITS OF CURIOSITY INCLUDE:

- Stronger relationships
- Wider social networks
- Increased knowledge about ourselves and the world around us
- Improved thinking, behaving, feeling and relating
- Greater productivity and performance
- Better mental health and wellbeing
- Positive outlook and associated emotions
- Increased social and emotional intelligence
- Opportunity spotting and creation
- Personal and professional transformation
- Better problem-solving and analytical skills

BRIDGE OF CURIOSITY ACTIVITY

Now is your chance to step onto your Bridge of Curiosity. To get the most out of the activity, here are some suggestions for how to go about it:

- Do the activity more than once, with gaps in between, as it can take time to become helpfully aware of our patterns.
- Do the activity by yourself and, if possible, with at least one trusted other.
- Appreciate your findings regardless of what you discover.

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STAGE ONE

Complete the table directly underneath. Be curious about the current state of each area. What do you like about them that you can strengthen and nurture, and what you don't like that you can change and improve?

AREAS	THOUGHTS AND REFLECTIONS, LIKES AND DISLIKES, NURTURE AND STRENGTHEN, CHANGE AND IMPROVE
Yourself: identity, role and status; self-esteem and self-worth	
Home and family life	
Relationships – personal and professional	
Work, career and professional development	
Health and wellbeing	
Financial	
Lifestyle	
Social	
Cultural	
Environment	

STAGE TWO

Below are a series of thought-provoking questions that can help further drive and develop your curiosity regarding the areas in your table.

QUESTIONS	THOUGHTS AND REFLECTIONS
1. What specifically do you want to achieve, and in what areas of your life e.g., at home or work?	
2. How will you know when you have achieved this? What evidence will you have?	
3. When do you want to have achieved this e.g., in a month, six months or a year?	
4. Where do you want to have achieved this e.g., at home, work or socially?	

Table continued on next page

STAGE TWO

QUESTIONS	THOUGHTS AND REFLECTIONS
5. What resources do you need to be able to achieve this e.g., information, knowledge or money?	
6. What do you need to do to achieve this e.g. confidence and self-belief, or support from others?	
8. What are the advantages and benefits for you in achieving this? What desirable differences would you like to see? For example, I will be happier and less stressed.	
9. What are the potential disadvantages for you in achieving this? Put another way, what positives to your current situation will you lose? For example, I might have less time for friends or hobbies.	

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STAGE TWO

QUESTIONS	THOUGHTS AND REFLECTIONS
10. What will you see when you have achieved this? What will you hear? What will you feel? What will you think? What will you smell? What will you notice?	
11. How will achieving this outcome impact the other aspects of your life, such as your work and relationships? For example, will they benefit from your increased positivity and energy?	
12. How does achieving this outcome fit with who you are and who you are becoming? For example, if you are becoming more passionate or purposeful.	
13. What specifically will you do that demonstrates your commitment to achieving this outcome? For example, I will work with a life coach, therapist or mentor.	