



INTELLECTUAL WELLNESS

Staying Curious, Staying Growing

Intellectual wellness is about nurturing curiosity, creativity, and lifelong learning. It's not about being the smartest in the room — it's about staying engaged, open, and willing to grow.

"Curiosity is a quiet form of self-care."

A GENTLE PRACTICE: EXPLORE, ENGAGE, EXPRESS

This practice invites you to reconnect with your natural sense of curiosity.

- 1. Explore.** Think of a topic, skill, or idea you've been curious about lately.
- 2. Engage.** Spend just 10–15 minutes exploring it — reading, watching, or trying something hands-on.
- 3. Express.** Share what you learned or created with someone, even informally — expression deepens growth.

REFLECTION PROMPTS

- *What's something I've always wanted to learn but haven't made time for?*
- *When do I feel most mentally engaged and alive?*
- *How can I make more room for curiosity in my everyday life?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.