Curious people want to learn something new. If you are curious, you want to gain knowledge and will ask many questions—both of yourself and others. Curiosity can be nurtured and developed. It can help you transform daily chores into more interesting and pleasant experiences.

Curiosity has been found to enhance our well-being and our quality of life. It is correlated with better health, intelligence, social relationships, happiness, and finding more meaning in life. It almost sounds like a magical pill!

If you are interested in being more aware of your curiosity and developing it, you can start with these:

- Gain more knowledge to be more aware of things you don’t know about.
- Ask more questions to ensure perspectives aren’t overlooked.
- Reconnect with playfulness because it builds interest and curiosity.
- Embrace uncertainty and go with the flow.
- Circumvent expectations and assumptions to find what’s different and unique.
- Challenge the status quo.
- Talk to other people.
- Travel to and visit unfamiliar places.