

Pique your curiosity

Just because you're grown up doesn't mean you should stop growing. Being inquisitive and seeking out new experiences will make you more satisfied. Start exploring! —Brooke Showell

Shake up a conversation. Next time you're with a friend, instead of revisiting a favorite topic (your careers, men, clothes), steer her toward the unfamiliar. Ask her about the summer she spent backpacking through Europe, says Todd Kashdan, Ph.D., author of *Curious?* (William Morrow). By exploring uncharted territory, you add depth to an everyday encounter.

Reconsider an aversion. Can't stand running? Give it another shot! "We determine our likes and dislikes early on, which means we tend to dismiss potentially rewarding activities prematurely," says Kashdan, who explains that a willingness to keep an open mind is key to cultivating your curiosity and finding more excitement in life. So do something you've always dissed, then note any surprising aspects of the experience (perhaps jogging clears your mind).

Make the ordinary extraordinary. Even waiting in the checkout line can be stimulating with the right attitude. Rather than zone out,

Intrigued?
Nose around
somewhere new!



focus on whatever is most interesting at that moment—maybe the way a clerk zips her fingers over the register keys or interacts with customers. By tuning in to your surroundings, you can find some meaning (or at least a little amusement) in the mundane.

Embrace the unexpected. Sticking to your regular routine dampens curiosity, limiting those exhilarating, unplanned moments. To spark your impulsive side, recall a few impromptu things you've done and think of how they made you feel. "You'll create a stronger neural connection between being spontaneous and feeling joy," Kashdan says. Soon, you'll be dancing on a table on a whim!