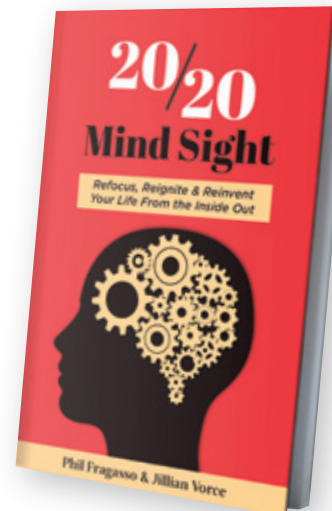


## Chapter 11: “There Is No Cure For Curiosity” Look Outside

### Sight Line Worksheet

This worksheet is provided as a supplement to **Chapter 11** of *20/20 Mind Sight*. For maximum benefit, please read the chapter prior to completing the exercise.



AVAILABLE AT:



# 20/20 Sight Line: Give Yourself Five

So if the “cure” for curiosity is to look outside yourself, let’s see how well you’re doing. Please write – and it’s important to write these not just think about them – your response to the following.

- Name 5 things you did for the first time over the last year.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

- Name 5 people, who you now consider friends, that you met for the first time over the last year.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Were you able to identify any activities or friendships that were initiated over the last year? Many people score a big goose egg on this exercise so don’t fret if you’re in that category. You’ve got another year ahead of you to make amends and expand your horizons, but it won’t happen without a written plan and specific goals.

- Name 5 things you *will* do for the first time over the next year.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

- Name 5 opportunities to meet new people that you’ll take advantage of over the next year.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_