Curiosity

Strength of mind

What is curiosity?

Wanting to know more

"I have no special talent. I am only passionately curious."

— Albert Einstein

Why does curiosity matter?

- You voluntarily spend more time learning about things that spark your curiosity.
- Curiosity helps you remember what you learn.
- In general, people who are more curious are happier and better liked.

Pulse Check

How many of these things are true for you?

- I got so absorbed in learning that I lost track of time.
- I talked to someone who gave me a new idea or changed my mind.
- I took the initiative to learn more about one of my interests.
- When I didn't know the answer to a question, I couldn't rest until I figured it out.
- I explored a completely new idea or topic— just for the fun of it.