

The Curiosity Map: A Personal Guide to Lifelong Learning

1. What Sparks My Curiosity?

Write down 3–5 things that naturally capture your interest—topics, ideas, or challenges that pull you in.

2. My Current Learning Questions

List some questions—big or small—you don't have the answers to but would like to explore. These guide your learning journey.

3. My Learning Style

Understanding how you learn best can help you grow more intentionally.

I learn best when I: (check all that apply)

- Read and reflect
- Listen to podcasts or audio
- Discuss ideas with others
- Watch videos or demonstrations
- Learn by doing
- Other: _____

4. Stretching My Curiosity Muscle

Curiosity grows when we engage with things outside our usual comfort zones.

One topic I've never explored but want to try:

One book, course, or video I will check out this month:

Someone I admire for their curiosity:

A recent moment when I stayed curious instead of judgmental:

5. What Am I Learning About Myself?

Learning isn't just external—it's internal. Take a moment to reflect on how learning is shaping who you are becoming.

What have I learned about how I think?

What challenges me the most about learning?

How has my curiosity helped me grow?

Personal Commitment Statement

Write a short intention for how you'll keep learning—professionally, personally, or both.

I will continue to grow by staying curious about...

and by...
