

CURIOSITY CONQUERS FEAR MORE THAN BRAVERY

We are biologically wired to scan the environment for what is wrong. Is there a potential threat? How cautious do I need to be? This is useful if the fear is a circumstance that can harm us, but today the biggest fears we face are fictional that pose no real threat. And worse, we create them entirely with our own thoughts.

1. Not in control
 2. Insecurity
 3. Anxiety
 4. Embarrassment
 5. Overwhelm
 6. Stress
 7. Inadequacy
- } These are all types of fear.

The problem is your brain reacts the same way to those fictional fears as it does to actual fears by putting your body in a constant fear response. We often live in a triggered state of flight or fight and this does not allow us to progress, grow and face our future head-on with confidence.

Curiosity has an excitement, an expansiveness and hopeful quality wrapped in it. In fact, the body experiences the physical sensation of fear and excitement in the same way. The only difference is how our brain tells us to process the emotion. **How do we combat this?** If you tell your brain you are curious and excited about something rather than fearful, your brain will approach it in a vastly different and positive manner. Imagine if you could tell yourself to be curious about ANYTHING you are afraid of or are worried about? You can.

BEAUTIFUL HACK: If you choose to put yourself in the mindset of curiosity, you are unable to feel the emotion of fear. It is a biological impossible to experience fear and curiosity at the same time. Curiosity also amplifies creativity and confidence.

Write down 3 things you are currently fearful or anxious about. Next to each fear write 3 things you could be curious about instead. Notice how you feel even writing those choices down. Be intentional, be courageous and choose curiosity.

I have no special talents, I am only passionately curious. - Albert Einstein

Love your work.