

LEARNING TO BE MORE OPEN

Being more open to experience can help you open your mind and learn from life. Explore this in a way that works with your personality. The point is to experiment with change. Try on a new experience and see how it feels. What are you hoping to learn? How would you like to grow? Here are a few prompts to get you started:

LEARN MENTALLY

Travel to another culture, learn a new language, or watch a movie with a main character from another culture. Try to explore a way of life that shakes up your expectations about how the world operates. Write your ideas here:



LEARN SOCIALLY

Seek out perspectives that challenge your own. Strike up a conversation with someone new or read a book where the main character is vastly different from you in race, gender, religion, or class. If you're a liberal, attend a Republican event; and vice versa. See what happens when you interact with others outside of your comfort zone with the goal of understanding their perspective. Write potential opportunities here:

LEARN SPIRITUALLY

Challenge your beliefs. Remember: The goal isn't necessarily to change what you believe, just open up to new or other views on the larger meaning of life. You can practice this by attending a religious service that differs from your own or trying a new method of communing with your own higher power (like prayer, meditation, chanting, or group study). Finding new ways to connect with nature or conservation groups can also be a great spiritual exploration. Write your experiments here:

LEARN PHYSICALLY

Your body is capable of learning, just like your mind. Practice new styles of movement and notice any emotional or physical shifts in experience. If you're typically high energy, try slowing down with yoga, tai chi, or mindful stillness. Alternatively, find ways to safely pick up the pace if you enjoy a more sedentary life – hike, run, dance, or play. Write your goals here:
