



# LAUNCH WITH A CURIOUS EXPLORER'S MINDSET

## Lesson

Mindset develops stories that change outcomes. Remember, Events + Stories (you tell yourself) = Outcomes. When in the unknown, intentionally framing your stories through the lens of a curious explorer is an effective way of changing outcomes so you have more possibilities to live into. A curious explorer's mindset produces motivation.

## Question (use Practice to answer)

What mindset stories are you telling yourself?

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## Practice (to answer Question)

To craft your curious-explorer's-mindset story when in the unknown, use the following steps:

- 1 Curious-Explorer's-Mindset Words:** Think of three words that might represent your own curious explorer's mindset. What words generate energy, excitement, and motivation for you? Write these words down.

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**2 Negative Story:** What's a story you tell yourself that has a *negative* effect on you?

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**3 Curious-Explorer's-Mindset Story:** Tell that same story as a curious explorer with your three curious-explorer's-mindset words so that it has a *positive* effect on you.

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### **Example**

**1 Curious-Explorer's-Mindset Words:**

Curiosity, generosity, growth

**2 Negative Story:** When I launch new ideas that I don't know how to fully build at the beginning, it is nerve-racking and intimidating. People will probably think I am not prepared. They might think I am faking it or maybe I'm not talented enough to do this.

**3 Curious-Explorer's-Mindset Story:** Launching new ideas helps me and others grow and discover what is possible. My curiosity and generosity are huge assets for discovering how I can help others think differently and launch new ideas. If I'm up front with others about the reason for exploring an idea rather than trying to perfectly plan it, people will be accepting and engaged with the process.