

**Curiosity self-assessment**

**Please circle where you think you are.**

1. How often do you use the words “I’m curious…” when starting a sentence?

|  |  |  |  |
| --- | --- | --- | --- |
| Daily | Weekly | Monthly | Almost Never |

When you do use these words are you truly curious or are you using them in sarcasm?

1. How often do you say “I don’t know”?

|  |  |  |  |
| --- | --- | --- | --- |
| Daily | Weekly | Monthly | Almost Never |

When you use this phrase do you use it as the start of an enquiry, or are you defensive, or are you simply stating a perceived fact?

1. How often do you ask open questions when interacting with others?

|  |  |  |  |
| --- | --- | --- | --- |
| Daily | Weekly | Monthly | Almost Never |

How do you ask these questions? Do you use the openings (What are…? How do…? In what way…?) to elicit consideration, or do you use them with sarcasm to closed down consideration and enquiry?

1. How aware are you about your own thinking, feeling and behavioural habits?

|  |  |  |  |
| --- | --- | --- | --- |
| Extremely well aware. I have undertaken lots of focused training and development in this area and put my learning into practice. | Well aware.I have undertaken some focused training and development in this area, but have yet to put my learning into practice. | Not too sure. I have done some reading and thinking around the area. | Not at all.This is new to me. |

1. How easily can you change your ‘state’ to support change?

|  |  |  |  |
| --- | --- | --- | --- |
| Easily. I have undertaken lots of focused training and development in this area and put my learning into practice. | Fairly easily.I have undertaken some focused training and development in this area, and put some of my learning into practice. | Not too sure. I have done some reading and thinking around the area. | Not at all.This is new to me. |

**Overall then where do you think you are?**

Add any thoughts or considerations you might want to pick up on later: