

Recipe: Cultivating Your Curiosity

Serves: You

Directions:

1. Spend more time being quiet and sitting with yourself
2. Explore your imagination and interests on paper
3. Ask yourself and others better questions
4. Ask people for input and feedback
5. Read a biography of someone you admire
6. Use a search engine to explore topics you want to learn more about
7. Find a mentor or a coach
8. Spend time and interact with people different than you
9. Listen more than you talk
10. Start thinking about possibilities in your life
11. Subscribe to successful and motivating newsletters
12. Get outside of yourself- do something different, volunteer, switch up your routines
13. Trust this is where you need to be and follow where you are being led

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.
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