

Get Curious With Your Wellbeing



Curiosity is the precursor to creativity: stay curious, and your creativity will flourish

Trial and error is at the heart of any journey of self-discovery; it doesn't pay to simply give up



What works for others won't always work for you; take the time to explore the activities that cause your wellbeing to blossom

Get curious about your own wellbeing: ask yourself how you are, sincerely, at least once a day. Then ask yourself why



Be more curious about the people around you: ask how they're doing, then ask again

As a leader, get curious about what would happen if you prioritised people over profits



Mental health can be a heavy topic, but wellbeing can be playful, fun, and filled with hope

Try new things at every given opportunity: you might not get on with the first 5, 10, even 15 things, but you'll have fun discovering what's right for you



Use the FormScore app to get curious about your own wellbeing, and that of the people around you

Experiment with different things that bring you energy, peace and joy. But never stop experimenting, because you never stop evolving

