

**Aldea Explores Series**

Curiosity is about *how* we pay attention to what is happening in the moment.

*Todd Kashdan*

To know ourselves requires we enter a process of *noticing*, *contemplating*, and *transforming*. But what initiates this process?

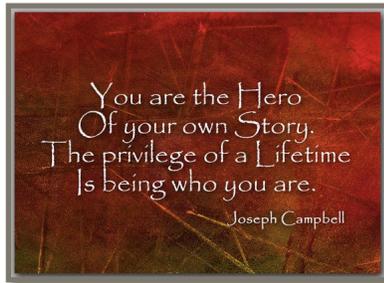
## Curiosity

To know ourselves, we have to get curious about...ourselves. But how does that happen? At one very deep level, it happens when we view our lives as stories and then get curious about that story: the arc, the characters, the scenes, and the unfolding script.

We dull our lives by the way we conceive them. We have stopped imagining them with any sort of romance, any fictional flair.

James Hillman

**Ponder: What would change if you saw your life as a story?**



Reflect on the three actions of curious self-knowing and the three quotes on this page.

How do the three behaviors help you live your gifts and heal your wounds?



## The Process of Curious Self-Knowing

Three related actions of curiosity open us to our self-knowing:

### Notice:

Pay attention to *how* you experience and “show up” in any moment or season of life

### Contemplate:

Think deeply about how you show up and what it reveals about “you”

### Transform:

Engage a process by which you risk your way to better versions of “you” in moments and seasons life.

Thus, a hero’s journey is simultaneously about living your gifts and healing your wounds. Your power and your fullness are in both of these energies. And those two things will be there as major influences on your intimate relationships, your professional life, your health, and your development as a person – this simultaneous process of healing and sharing your gifts will always be there.

–  
*The Hero's Journey: A Voyage of Self Discovery" by Stephen Gilligan.*

## Where You Can Apply Curious Self-Knowing

### Story Arc(s)

What are the big themes (story arcs) of your life? We all have big themes that seem to “follow us” through life. These themes can be about our relationships, work, physical body, or health, to name a few. If we are curious about these themes, they can help us enter the process of knowing ourselves.



### Characters

We all have people in our lives. These “characters” enter our lives – sometimes for a brief moment or for a lifetime. These characters reveal elements and qualities about *our* character. Get curious about your own character when you’re around others.

### Scenes

Scenes are brief experiences that seem relatively small to our overall story but still reveal important elements about us. If we’re curious, even one conversation (a scene) can uncover important self-knowledge.

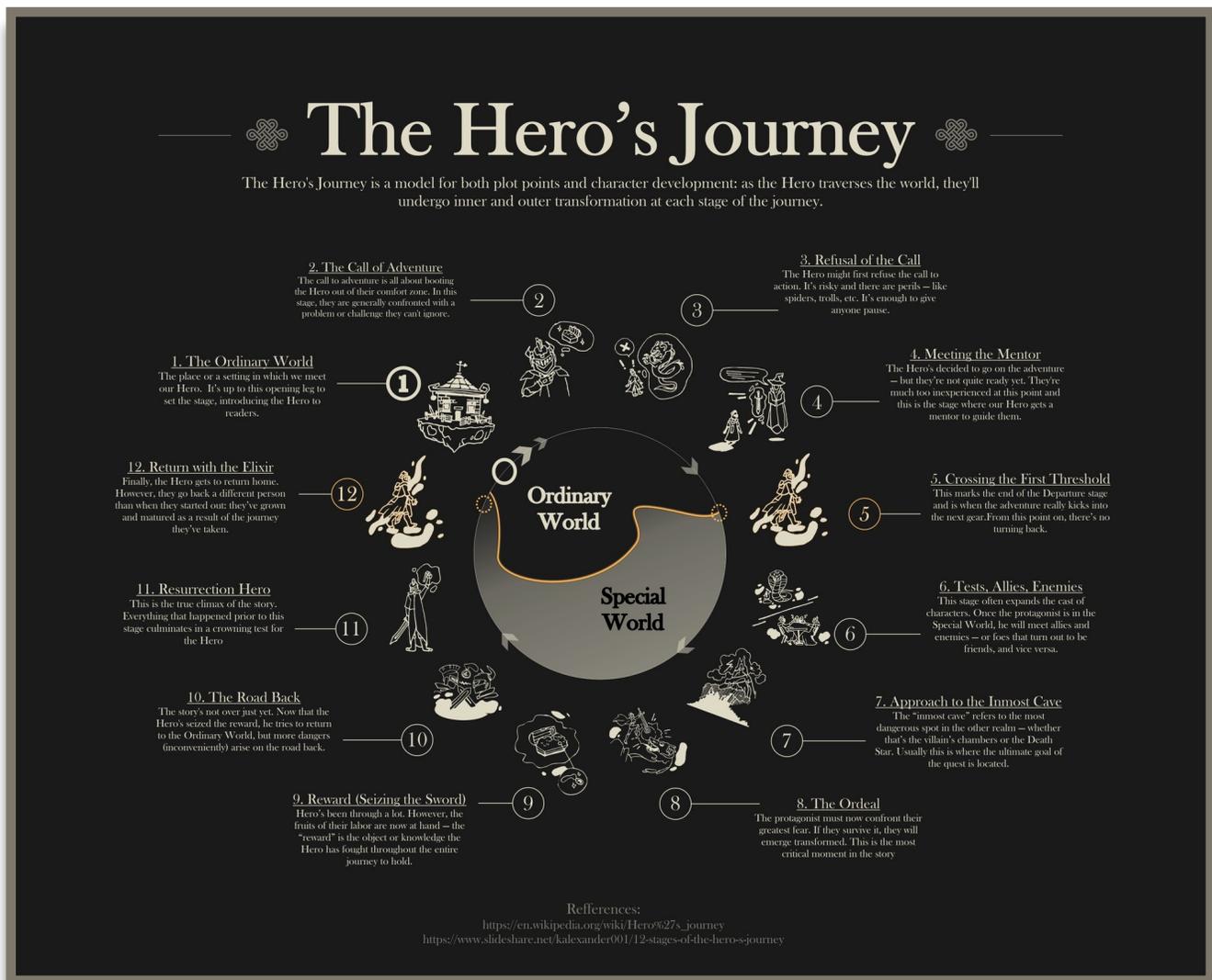
### Scripts

Scripts are thoughts and words and their associated feelings. If we’re curious about them, they reveal important perspectives, biases, and assumptions that are driving our behavior in any given moment.

**Use the curiosity process (notice, contemplate, transform) to explore one of the four elements of life described above. What can you learn about yourself as you get curious about one of the four elements?**

# Going Deeper

Below is an infographic that visualizes Joseph Campbell’s powerful work on *the hero’s journey*. Campbell’s work has inspired new generations of storytellers to use a very ancient process of storytelling. But Campbell’s work also can help us “locate” ourselves in the very same story. Spend some time with the graphic and see how it might speak to your own life and reveal areas for self-exploration you need to embrace. On the next page is an article about Campbell’s work.



From ArtStation (<https://www.artstation.com/artwork/bakqkG>)

Facing Adversity: How to Apply The Hero's Journey To Your Own Life  
(from motherhoodcommunity.com)



This is a helpful overview of the concept of the hero's journey. It also explores how to apply it to your own life. Click the link below to read.

<https://motherhoodcommunity.com/facing-adversity-how-to-apply-the-heros-journey-to-your-own-life/>