



MESI Moments

#OneTeam,

One of the key components of having a MESI Mindset is Curiosity.

When we exhibit curiosity, we demonstrate a genuine interest in understanding ourselves, others, and the world around us. The outcome of this curiosity is greater Awareness of our emotions, thoughts, needs and values and genuine connection with others. Just like other MESI skills, curiosity is a 'mental muscle' we can exercise!

MESI Practice I Curiosity with a MESI Mindset

MESI Mindset | A frame of mind used when living and responding to life's events in the MESI Zone – being open, curious, and committed to continuous growth.

Here are 3 ways you can practice Curiosity with a MESI Mindset:

1. Get Curious and Ask for Feedback!
 - This is a great way to learn more about **yourself** through the eyes of others. Regularly asking for feedback helps you identify strengths and blind spots that you might not be aware of. And, intentionally flexing your curiosity muscle helps make this feedback even more meaningful to your growth.
2. Get Curious Around Your Assumptions!
 - This is a great way to learn more about **others**. You might think you know what someone is thinking or what their opinion is, but being curious and asking them is a great opportunity to learn about others and takes a step toward building a muscle to explore the opposite.
3. Just Get Plain Old Curious!
 - Look to learn something new! Next time you read or hear something new, take some time to learn more. This is a great way to learn more about the **world around you** and supports continuous growth.