

Curiosity

Curious employees are twice as likely to find creative solutions to challenges and 34% more engaged in their work.

Canada's



Healthy Workplace Month

healthyworkplacemonth.ca

DID YOU KNOW?

Curiosity is the key to continuous learning, innovation, and personal growth. When we approach life with curiosity, we:

- Embrace new challenges with an open mind
- Ask better questions and explore possibilities
- Develop creative problem-solving skills
- Break free from limiting beliefs



DAILY YOGA POSE

Camel Pose (Ustrasana)

This heart-opening pose symbolizes openness to new ideas and perspectives, just like curiosity does in the mind.



DAILY RECIPE

Brain-Boosting Trail Mix

Almonds
Dark chocolate chips
Walnuts
Dried blueberries
Pumpkin seeds

Fuel your brain with healthy fats and antioxidants!



DAILY MOTIVATION : MUSIC TRACK

"Brave" - Sara Bareilles

A song about stepping into the unknown with confidence and curiosity!



PRO TIPS FOR THE WORKPLACE

**Choose a problem or challenge and ask yourself
“Why?” to uncover deeper insights.**

Examples:

- Why do I feel stuck in my career? → I don't feel challenged.
- Why don't I feel challenged? → I'm doing the same tasks every day.
- Why am I doing the same tasks? → I haven't asked for new responsibilities.
- Why haven't I asked? → I fear rejection.
- Why do I fear rejection? → I assume my manager won't be supportive.



INSPIRE & REFLECT



Inspiration of the day

"The important thing is not to stop questioning. Curiosity has its own reason for existing." — Albert Einstein

Mental Health Challenge

Engage in something unfamiliar or talk to someone outside your usual circle.

Daily Affirmation

"I am open to new ideas and eager to learn."

Reflection Question

What is one thing I've always wanted to explore but haven't yet?

Resource of the Day:

Trans Canada Trail

Fuel your curiosity and well-being by exploring the Trans Canada Trail—a vast network inviting you to discover new paths, fresh perspectives, and the benefits of time spent in nature.

