***Unlocking the Power to Think Differently: Where Can Your Curiosity Take You?***

Happiness versus curiosity

The two questions whose answer determines whether we are curious

Exploring emotions that arise when deciding to act on curiosity

Emotional Biases/Prejudices

* We don't just have emotions, we have attitudes about them that influence our choices, relationships, and how successful we are in our aspirational goals.
* Our emotional biases offer insights into unnecessary roadblocks

Two Skills – to confront the novel, uncertain, complex, challenging, and mysterious

* Emotion Differentiation
  + The problem: stressed, upset, bad, or aroused
* Defusion
  + Three selves
  + Separating thinker from the thoughts; separating feeler from the feelings
  + Drop the anchor

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