

Week 7

Be Curious



2/16/26

Why it Matters:

Curiosity helps leaders move beyond surface level fixes. When leaders ask better questions, they uncover root causes, reduce bias, and make more effective decisions.

This Week's 1% Better Practice:

When something goes wrong, pause and ask "why" five times before jumping to solutions.

Applying It:

Notice Your First Reaction:

When something goes wrong, my first instinct is usually to:

- Fix it quickly
- Feel frustrated
- Look for what failed
- Assign responsibility
- Pause and ask questions
- Other: _____

Slow the Moment Down. A recent situation where something did not go as planned: _____

Practice Curiosity: Using that situation, answer the following questions:

- Why did this reaction make sense at the time? _____
- What information or constraint might I not be seeing? _____
- What system or process may have contributed to this outcome? _____

From Insight to Action. One question I will start asking for often before jumping to solutions: _____

This Week's Commitment. One situation where I will intentionally lead with curiosity: _____

