

Personal Growth

Never an expert, always a learner.

A growth inventory based on Chapter 5

FROM CHAPTER 5 • PAGE 15

“Personal growth is when we live in a consistent state of lifelong curiosity where we are never an expert and always a learner.”

— Chris Masiello

How to use this worksheet:

1. Complete the growth inventory below (5–10 minutes).
2. Use the daily curiosity log throughout the week.
3. Reflect at week’s end: what did you add to your library?

What are you actively learning right now?

Think of your mind as a library: “Each time you learn something new, you’re adding another book to your personal library.” (p. 16) This inventory is a check on what’s on the shelves — and what you’re ready to add.

01 What I’m learning right now

List three things you’re actively exploring — books, skills, ideas, experiences.

1. _____
2. _____
3. _____

02 Books on my shelf, gathering dust

“Quite a few of our books might be dusty and forlorn... they all have meaning we’re missing out on if we don’t revisit them from time to time.” (p. 16) What did you mean to explore but haven’t?

03 Where I’m playing it too safe

Where has judgment been shutting out curiosity? Confusing things should pique your curiosity “rather than immediately shutting them out through judgment.” (p. 17)

04 One curiosity I’ll follow this week

Pick one thing that confuses or intrigues you. Commit to following it.

Notice curiosity every day this week.

"We want to be in that state of insatiable curiosity. It can come in big moments, but often it's the little things and the tiny details we notice over time that are actually giving us the most opportunities to wonder about." (p. 17)

MONDAY	Something that made me curious: _____ One thing I could learn about it: _____	GREW? ☐
TUESDAY	Something that made me curious: _____ One thing I could learn about it: _____	GREW? ☐
WEDNESDAY	Something that made me curious: _____ One thing I could learn about it: _____	GREW? ☐
THURSDAY	Something that made me curious: _____ One thing I could learn about it: _____	GREW? ☐
FRIDAY	Something that made me curious: _____ One thing I could learn about it: _____	GREW? ☐
SATURDAY	Something that made me curious: _____ One thing I could learn about it: _____	GREW? ☐
SUNDAY	Something that made me curious: _____ One thing I could learn about it: _____	GREW? ☐

What did you add to your library this week?

01 What's one thing you learned — even something small — that you didn't know on Monday?

02 Where did you catch yourself playing the expert? What would the learner have done?

03 "Embrace the small, incremental steps." (p. 17) What was your small step this week?

04 Which dusty book from Part 1 feels closest to being reopened — and what would it take?

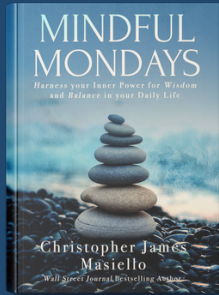
FROM THE CHAPTER • KEY POINTS (P. 18)

1. Personal growth is when we live in a consistent state of lifelong curiosity where we are never an expert and always a learner.
2. With more knowledge comes a realization of how little we know — and we're never going to know all of it.
3. We want to be in a state of insatiable curiosity, and it's often the little things that give us the most opportunities to wonder about.

KEEP GROWING

This is Chapter 5. There are 47 more.

Each chapter of Mindful Mondays comes with a video and a practice tool like this one. Work through them at your own pace — one Monday at a time.



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