

## EMPATHY PRACTICE #2

# A curiosity challenge

Think of someone with whom you interact frequently, such as a personal or professional acquaintance. What is something they are very interested in that you are not? Set aside thirty minutes and get curious about the subject. Then:

- *Listen to learn:* find something interesting about the area. What is something you would be willing to know more about?
- *Give them an opportunity to contribute:* tell the other person about your area of interest and ask them to teach you something.