

How to Read and Apply *Curiosimply* for Maximum Impact

"The ultimate outcome of this book—and your life—is in your hands. It should remain unknown, free from control, and guided by relentless trust that both your actions in spite of.... and the process will work for you." **Thomas – The Happiness Warrior**

Before opening and reading the book entirely, stop and read this Super Bonus to ensure you quickly understand the three main principles that will accelerate the understanding and implementation of Curiosimply, the philosophy behind Curiosity Intelligence:

1. Your Emotions.

2. Your Beliefs.

3. Your Values.

It took me three years of research, hundreds of coaching hours, interviews, observations, and neurosensorial training to see these three drivers that block many people from achieving their dreams, and it's time for you to know why, how, and what to do. I warn you upfront: do not expect a magic potion or pill or a scientific essay; your Happiness and exploring the unknown doesn't need to be complicated to work. Imagine if you had to understand exactly how a car key starts the engine before using it. Most of us don't know the mechanics, yet we trust the car will move, right? The same is true with your curiosity intelligence—you hold the key. Keep it simple, stay open-minded, and above all, have fun exploring your Curiosimply.

I believe that you only need those three ingredients aligned in life to become even happier, wealthier, or more alive, thanks to your innate curiosity intelligence. You were born with it one hundred percent. As you know, we cannot touch, smell, see, taste or hear these drivers, and here is the thing: You only need to understand them, look closer again, see yourself from the point of view of a child; recall when you were born and grew older, realize what happened to you, and accept that you will regain your willingness to explore the unknown, just

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like when you were a child, having fun, not afraid of feeling silly, being different, unprepared to take action, or of what others may have said about you.

Perhaps you and I won't be alive in a hundred years, so explore your life fully now; tomorrow could be too late. **Be Curiosimply!**

A Step-by-Step Guide to Implementing Curiosimply in Your Life

Congratulations! By picking up *Curiosimply*, you're about to embark on a journey that will **unlock your inner child's curiosity, enhance your intelligence, and lead you toward greater happiness and success.**

By the end of this journey, like Thomas and millions of others, you will experience how to curiously stop feeling silly, not ready, disliking something for all your life or perhaps scared to take that step to your new beginning, and yet you did it. You will start living your dreams, expanding your influence, becoming even kinder to yourself when life is hard or you feel like giving up, accepting mistakes and starting over, trying new options without absolute certainty—embracing the magic of childhood: “The willingness to explore the unknown once again.”

To help you **fully integrate and apply this book's teachings**, I've created a **structured, step-by-step approach** that allows you to practice and implement *Curiosimply* in your daily life. To make it easy for yourself, read to explore, not to question or fully understand. I know this is contradictory to what I call **conventional curiosity**, yet by doing so, you will get the results you want even faster.

No one can explore on your behalf. Don't read only to finish the book. Instead, read what comes to you immediately and take action on a specific thing that matters right now. Pause if needed, and do not read more until you experience that new challenge. Are you ready?

You will also find additional bonus illustrations to help you visualize the Curiosimply philosophy better. This is not just a book to read. It's a **transformational experience** that will challenge your thinking, help you reconcile with emotions such as fear, anger, or sadness, and develop new habits to ease your imposter syndrome—regardless of who or what made you believe you couldn't achieve something meaningful until now.

Follow this **four-week Implementation Plan**, using each chapter as a guide. Consider yourself and your situation the subject matter in the scenarios and examples provided. Take notes, reflect on your challenges, and, most importantly, **take action in spite of.**

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WEEK 1: AWAKENING YOUR CURIOSITY INTELLIGENCE

Read:

- **Introduction:** Understand the first fundamental pillar of Curiously: Your Emotions and the mistakes around them.
- **Chapter 1: Rediscovering Your Inner Child** – Reconnect with your fearless, playful, and curious nature.
- **Chapter 2: Enhancing Your Emotional Intelligence for Success** – Learn how curiosity fuels emotional growth.

Action Steps:

Self-Reflection Exercise

- Write down five things you were deeply curious about as a child.
- What changed?
- Why did you stop exploring them?

Curiously Challenge

- For the next 7 days, ask yourself in private or to others around “Why?” and “What if?” at least five times a day in conversations, meetings, and personal reflections.
- Just look at the answers. Expand your horizons for a broader outlook—I didn’t say better, just wider.
- Why is it important? Because a student can only be as good as the teacher and then better until realizing there is possibly more behind, around, or beside a topic that the teacher never experienced or learned, like you and I, so explore your “Why” and “What if” in spite of fear, doubts, and any possible feelings triggering you.

After receiving answers from others or yourself, do not challenge them simply to be right while making them wrong. The mistake you will notice is that everyone feels the need to impose their own truth and the only one. Instead, focus on broadening your perspective—observe where they stand, where you stand, and how your emotions, beliefs, and values align.

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Emotional Intelligence Check-In


- Practice the **S.T.O.P. System** (Stop, Take a breath, Observe, Proceed) to improve your self-awareness and emotional control. I teach this simple technique to my clients when they want to manage their emotions quickly. It's based on Neurosensorial practices that have proven how to stop the stress, stop overthinking, become more present, and then be conditioned to explore your solutions more calmly and with better chances of being effective.

WEEK 2: REPROGRAMMING YOUR MIND FOR LIMITLESS THINKING

Read:

- **Chapter 3: The Emerging Consciousness of Curiosity Intelligence.** Understand how curiosity is a quotient like your I.Q. and E.Q. Your C.Q. is a mindset shift. Learn the main types of curiosity, their characteristics, and some risks to becoming even more curious.
- **Chapter 4: Maximizing Your IQ Potential Through Curiosity** – Explore the second fundamental step to Curiously: **Your Beliefs.** Learn how to train your brain for greater intellectual intelligence. Who said it was fixed? Remember the Why? Or What if?
- **Chapter 5: The Profound Impact of Our Beliefs on Our Lives** – Identify and transform your limiting beliefs. Review the definition and assess your existing or new L.B. We all have them; if you don't, are your dreams and goals high enough?

Action Steps:

 **Mindset Shift Exercise** – Identify one limiting belief you hold about yourself. Use the *Curiously Framework* to question and replace it.

Brain Training Practice

- Pick a topic you know little about without being fully convinced of the outcome, and spend 10-20 minutes daily exploring it through books, videos, or conversations.
- See what those people are doing and consider that successful or happy people don't always do only what they love; they learn and always do what is right no matter their feelings. I have often failed to do what is right, so don't feel alone. It's natural and not helpful if you compare yourself with others.

- Get honest and realistic by looking inside yourself and what limits you. For me, it is public speaking, and you will tell me no way, you are a speaker, always happy and showing yourself on social media every week, and yet, I'm brutally honest, it's a challenge to me to be in front of strangers in an audience. What is your thing? I don't know; you know it, and I invite you to take that bold step today.

Challenge Your Assumptions

- Before making decisions, ask: "What if the opposite were true?" Write down what new perspectives emerge. This is a trap for employees, parents, managers, and leaders who are asked to know things by heart and not hesitate to be confident.
- Hey, curiosity intelligence doesn't know. When things are already set in your mind in one way alone, and you foster a culture becoming certain of the outcomes, yes, it feels right. Yet, most successful parents, businesses, and achievements come from testing, getting messy, missing the right solution, and encouraging a place to make mistakes.
- In my leadership career, I see employees afraid to make mistakes even when allowed to. Why? Because of the culture of results and linear success, we forget to play, have more fun, accept failure, and say I don't know right now.

WEEK 3: APPLYING CURIOSITY INTELLIGENCE TO EVERYDAY LIFE

Read:

- **Chapter 6: Embracing Curiosity Intelligence for Personal Growth** – Integrate curiosity into your daily routine. Why didn't the pandemic scenario awaken the human race to be even happier, more balanced, and more curious like I thought? What does the red and green brain mean? Is it utopic to become again a hundred percent curious like the newborn?
- **Chapter 7: When You Decrease the Importance or Intensity, You Move Forward** – Learn the last and third fundamental pillar to Curiosimply: Your Values. How deep are your most important thoughts? How do you let go of what holds you back, if you see something is real everywhere?
- **Chapter 8: A New Identity – Embracing Curiosimply** - Redefine yourself through curiosity-driven intelligence. Get the essence of the entire Curiosimply philosophy. Why is simplicity complex when combined with curiosity? Even the dictionary couldn't have a word to define it, so I created the word: Curiosimply. Good exploration and a happy, uncertain journey.

Action Steps:

Daily Curiosity Ritual

- Dedicate 10 minutes each morning to asking yourself: *"What new thing can I explore today?"*
- Write down and act on at least one idea.
- Use the Curiosimply Learning Zone Model to move from stage 1 toward stage 4.

Declutter Your Mind & Focus on Growth

- Identify one thing you're overthinking and ask, *"How would a curious child approach this?"*

- Take one small action based on that perspective.

Adopt Your *Curiosimply* Identity

- Write a statement that describes who you are when you embrace curiosity fully (e.g., “I am a bold explorer of ideas and opportunities.”)
- “I have done certain things I didn’t feel capable of in the past, so why not this?”
- “If someone else on the planet did it with my own beliefs, problem, condition, or reality, why not me?”

Here is what I did and recommend you must apply to make *Curiosimply* work long-term:

- When I started writing my dreams, statements, and smartest goals all over my apartment, something changed.
- I saw that I could potentially write a book one day; at first, I was scared and in disbelief.
- I then thought it was possible.
- Then, it became a reality to me and the people around me, and here I am.
- You have to work on your identity first. (a writer, a singer, a manager or whatever you are seeking)

Don’t underestimate the power of writing your goals and dreams on paper where you can see them daily. When I started, it felt weird and useless, but now I do it all the time. Read it! Write it! Believe it daily!

WEEK 4: EXPANDING YOUR CURIOUS MIND INTO CAREER, RELATIONSHIPS, AND SUCCESS

Read:

- **Chapter 9: Transferring Curiosity Intelligence Across Every Facet of Life** – Apply curiosity-driven intelligence in work, relationships, and decision-making.

You want to make sure you ask yourself what happiness is to you. As it's different for everyone, start with the final goal, dream, and objective in mind, then let go and explore. If you want to get the most of Curiously, simply,

I recommend you start from the beginning to build your C.Q. muscle and to accept the fact of not knowing the outcome is good, and part of the beauty waiting for you is in that thing you are avoiding behind good excuses that are real, but only to you.

I believe in you and your full capacity to change your narrative to become Curiously simply in all areas of your life.

Action Steps:

Curiosity at Work, School, Home or in Business Challenge

- In your next class/meeting or work project, introduce **one new idea** or ask a thought-provoking question that shifts the conversation.
- Don't try to be the smartest person in every situation; instead, embrace what emerges.

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- If you are a leader, foster this culture in your daily leadership to become a catalyst for change and innovation in your industry, workplace, home, and beyond. Worst case scenario, do like Einstein; it will make sense when you read his formula.

✅ Curiosity in Relationships

- Practice **deep listening**—instead of assuming, ask more open-ended questions to truly understand others. As a speaker and leader, I didn't know this critical step to a further level of relevance. Only when I became a **certified coach**, I start seeing the mistakes I was making and the millions of people wanting to genuinely help by giving the solutions to other people. You don't want to do that in curiosity, either.
- You want to explore the unknown and provide a larger spectrum of the reality you are experiencing. Listen more, ask questions, and then ask permission to share your thoughts if the other person accepts.

✅ Long-Term Implementation Plan

- Choose **one curiosity-driven habit** to maintain today, tomorrow, next week, and so on for 21 or 90 days (e.g., reading, sport, social media presence, journaling, etc.)
- Do anything you hate, don't like, or feel incapable of. Y
- You don't need to like it; you must only align your emotions, beliefs, and values with your dreams.

FINAL STEP: EMBRACE A LIFETIME OF CURIOSITY INTELLIGENCE!

Curiosimply is **not just a concept—it's a way of life**. The more you integrate *Curiosimply* into your mindset, actions, and decisions, the more fulfilled and successful you will become.

- ◆ **Come back to this guide every day, week, and month to check your progress.**
- ◆ **Share what you've learned with others—teaching curiosity intelligence expands your own understanding.**
- ◆ **Stay connected!** Join the *Curiosimply* community and share your journey with fellow explorers. For this, contact Thomas on social media and join his exclusive Happiness Warrior Inner Circle.

Next, you will find sample scenarios of how your 4-week challenge could look.

Now, go be *Curiosimply*—fearless, curious, and limitless! 🚀

Curiosimply Implementation Checklist

How to Apply *Curiosimply* for Maximum Impact – Examples.

Use this checklist to track your progress, add notes, and reflect on your journey. Each week builds upon the last, helping you integrate *Curiosity Intelligence* into your life.

Week	Task	Date Started	Date Completed	Name	Comments
Week 1	Read Introduction				
Week 1	Read Chapter 1: Rediscovering Your Inner Child.				<i>Example (Employee/Mom/Student/Corporate Leader):</i> Reflect on whether you've stopped taking risks at home/work/in life due to fear of failure.
Week 1	Read Chapter 2: Enhancing Your Emotional Intelligence.				<i>Example (Educator/Parent/Manager):</i> Observe how your emotional responses affect how children/students/your partner interacts with you. What do you see?

Week	Task	Date Started	Date Completed	Name	Comments
Week 1	Self-Reflection: List 5 things you were curious about as a child.				<i>Example</i> (Professional/Student/Home): Think about the excitement you had as a child or beginner in your career/school/Home—how has that changed?
Week 1	Curiosity Challenge: Ask 'Why?' & 'What if?' 5x daily for 7 days.				<i>Example</i> (Student/Employee/Entrepreneur): Question industry norms—why do things operate the way they do? What if they were different? For example...
Week 1	Practice the S.T.O.P. System for emotional intelligence.				<i>Example (You Seeking Growth)</i> : Apply this system to manage stress before an important conversation. Where do you feel stressed at home, work, outdoors, watching news, etc.? Test in less than 5 minutes what have changed.

Week	Task	Date Started	Date Completed	Name	Comments
Week 2	Read Chapter 3: The Emerging Consciousness of Curiosity Intelligence.				<i>Example (Corporate Leader):</i> Identify where curiosity is missing in your team culture, daily routing, and what if? Why not? What could you gain if.
Week 2	Read Chapter 4: Maximizing Your IQ Potential Through Curiosity.				<i>Example (Student/Professional):</i> Try learning a new skill unrelated to your field for a fresh perspective. Don't do more of what you love, here is doing something you hate, or dislike and you know it could help you grow. If you can't get support. Keep it simple.
Week 2	Read Chapter 5: The Profound Impact of Our Beliefs.				<i>Example (You or Someone Navigating Change):</i> Identify one belief you/they hold about yourself/themselves that might be limiting your/their growth. Be transparent, kind and let it be, accept it and get more aware. We cannot change what we don't know.

Week	Task	Date Started	Date Completed	Name	Comments
Week 2	Identify & replace 1 limiting belief using the <i>Curiosimply Framework</i> .				<i>Example (HR Specialist):</i> Do you believe talents are hard to retain and attract? Talent shortage is real. Then how can you retain even more employees? Is it only your role? Challenge this assumption.
Week 2	Explore a new topic for 20 minutes daily.				<i>Example (Business Owner):</i> Learn about trends in customer behavior to improve your services. I hate showing up on facebook, tiktok, or linkedin. So what if your potential client, joint venture or business digital presence brings you a positive outcome?
Week 2	Challenge your assumptions: “What if the opposite were true?”				<i>Example (Leader):</i> What if helping your team all the time, being perfect and given all the responses is part of positive micromanagement, and as a result it’s affecting your growth and health, while hurting your team instead of empowering them?

Week	Task	Date Started	Date Completed	Name	Comments
Week 3	Read Chapter 6: Embracing Curiosity Intelligence for Personal Growth.				<i>Example (Personal Development Seeker):</i> How can curiosity help you reframe negative situations into opportunities? What is something you need to change, and you write every January to accomplish with no luck? Keep it simple, you are okay, get yourself support. Am I Repeating myself? Not at all.
Week 3	Read Chapter 7: Decreasing Importance to Move Forward				<i>Example (Parent):</i> What if letting go of perfectionism leads to a happier family environment? This is not negotiable, I'm so so proud, I can't accept this or that, etc. These are phrases to see how deep your values are and how much are you willing to be happier and curiosimply to decrease their intensity. This of your own scenarios at work, home in real life.

Week	Task	Date Started	Date Completed	Name	Comments
Week 3	Read Chapter 8: A New Identity – Embracing <i>Curiosimply</i> .				<p><i>Example (Career-Changer):</i> How would your life look if you fully embraced curiosity-driven decision-making? Are you sure changing or quitting is the best solution? As a human behavior expert I often see with my clients under the iceberg what is controlling them first, then automatically they take back control to seek their real identity that makes them shine, aligned and happier. What is your identify? How other talk about you? Does it matter to you? How do you identify yourself?</p>
Week 3	Daily Curiosity Ritual: Set one new exploration goal every morning.				<p><i>Example (Professional):</i> Start each day by researching a new industry trend for 5 minutes. Boring! Here you want to try to leaving earlier without guilt, jumping for 10 minutes each day while brushing your teeth, eating your favorite food and introducing more fruits or veggies, getting to talk to your boss about your career, being</p>

Week	Task	Date Started	Date Completed	Name	Comments
					yourself but better each day. So, what is your thing?
Week 3	Identify one overthought issue & approach it like a child would				<i>Example (Entrepreneur):</i> Instead of overanalyzing, approach business challenges with childlike experimentation. You don't want to cry or be impatience, here you think what is the simple thing you can make to move, take action, without knowing the final result. Trust like a kid knowing Christmas will come one day again, their notion of time in space is longer right? Trust like you know the sun will come out again tomorrow even if you don't see it while sleeping or being in the middle of a rainy storm, it will come out again. What can you trust that will happen if you take one step today not matter the final result?

Week	Task	Date Started	Date Completed	Name	Comments
Week 3	Write & review your <i>Curiosimply</i> identity statement daily				<i>Example (Anyone Seeking Growth):</i> Define yourself as someone who embraces curiosity in every challenge. Call it mantra, manifestation, or SMARTTEST objectives. And please write them by this time you know why it's important.
Week 4	Task	Date Started	Date Completed	Name	Comments
Week 4	Read Chapter 9: Transferring Curiosity Intelligence Across Life.				<i>Example (Corporate Professional):</i> Apply curiosity intelligence to problem-solving in your team. What haven't you explored yet? Who at home or outside work is challenging you to get more curious, balanced and efficient to impact other?
Week 4	Apply <i>Curiosity Intelligence</i> in a work meeting or project.				<i>Example (HR Leader):</i> Introduce a curiosity-driven brainstorming session at work. How free are you to create new ways of thinking, walk your offices and talk to your staff,

Week	Task	Date Started	Date Completed	Name	Comments
					drop the fear of being taken as the fire department and explore what your people are saying in real, not only in surveys.
Week 4	Improve relationships through deep listening & open-ended questions.				<i>Example (Parent/Educator):</i> Ask children more 'how' and 'why' questions instead of giving direct answers. Teach them to fish, make them autonomous and build their sense of wonder and failure to grow faster.
Week 4	Choose one curiosity-driven habit to continue for 21 or 90 days where a habit gets installed.				<i>Example (Personal Growth Seeker):</i> Commit to reading a book, wake up 30 minutes earlier, talk to yourself with more self-love, say no to what is stressful and make a bolder choice to your happiness. In this book you are allowed to feel silly, not prepared, not enough, and do it anyways.