What is something you want to try but haven’t yet? Unless you consider something morally wrong, what is stopping you from trying something new? Examine your thoughts.

- Do you believe you don’t have time? Try scheduling 15 minutes at the start or end of your day to spend time planning or doing something new.
- Do you falsely believe you are too old to try something new? Scientists have proven that the human brain is capable of developing new neural connections throughout life.
- Maybe you have limited yourself by worrying that you won’t be “good enough” at something. Ask yourself, do you need to be an expert to enjoy a hobby?
- Do you think you don’t have enough talent? Many skills in creative arts and sports can grow through learning from a skilled mentor and with consistent practice.
- Do you feel silly trying something new as an adult? Think back to what you enjoyed as a young child that still brings a smile to your face as you remember it. That passion can motivate you.
- Do you want company in trying something new? Park districts and community colleges offer seminars, workshops, and classes in a wide variety of topics where you might meet others who are beginning and more advanced in pursuit of your interests.
- Are you worried that if you aren’t earning money doing something that it is a waste of time and resources? Consider the joy it brings you and how that positivity might energize you and help you experience greater balance in your life. Libraries are a great resource for learning more about a subject of interest through books, videos, and presentations. Some libraries have 3D printers and other tools to use with no or minimal fees.

Follow your curiosity and see where it leads you.