

YOUR
CURIOSITY PATH

Presence & Actions

WORK SHEET

Ten Questions

FOR YOUR ACTIVE
PARTICIPATION

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A Worksheet for People Ready to Stop Sleepwalking

You're not here because you lack information.

You're here because you've been living on autopilot — going through the motions, checking the boxes, telling yourself you're awake while most of your life runs on repeat. Same thoughts. Same excuses. Same comfortable loops. Day after day. Week after week. Month after month. Year after year.

And somewhere along the way, you stopped noticing. You stopped questioning the routines you inherited. You stopped asking if your days actually belong to you. You stopped wondering whether you're living — or just performing the version of life that's expected of you.

This worksheet exists for one reason: to wake you up.
Not gently. Not someday. Now.

These are not soft questions. They're not designed to make you feel good about yourself. They're designed to make you see yourself — clearly, honestly, without the usual defenses.

Most people don't need more advice. They need confrontation. A mirror that doesn't lie. Questions that cut through the noise and force them to look at what they've been avoiding. That's what this is.

If you answer these questions honestly — really honestly — you won't feel the same afterward. You'll either decide to change something, or you'll know exactly what you're choosing to keep.
Either way, the sleepwalking ends here.

BEFORE YOU START

Rules for this work:

- Write by hand. Screen off. Pen to paper.
- No perfect answers. Perfection is a lie you tell yourself to avoid truth.
- No explaining yourself. You're not on trial.
- No editing for "how it sounds." No one's watching. Stop performing.

Just answer. Stop analysing and stop thinking. Live in the moment.

WHY THIS MATTERS

Life is not waiting for you to get your act together. It's happening right now — while you scroll, while you plan, while you tell yourself you'll start Monday. Every second you spend polishing your answers or making excuses is a second you'll never get back.

Most people don't need another book. They need a mirror. They need someone to ask the questions they've been avoiding — the ones that make them squirm, the ones they change the subject to escape. That's what this is. 10 questions. No filters. No comfort.

Each one is designed to cut through the noise and force you to look at what's actually there — not the story you've been telling yourself, but the truth underneath. After each question, there's space to reflect. Use it. Don't rush to the next page like you rush through everything else. Sit with the discomfort. That's where the change is. The quotes are not decoration. They're provocations. Read them. Let them challenge what you think you know.

"You don't rise to the level of your goals. You fall to the level of your habits."

James Clear

Active Learning

3.

Circle the options that suits you the best.

1. LEARNING VS. CONSUMING

Are you actually learning — or just collecting information you'll never use?

- ▶ I watch. I read. I take notes. I rarely act on any of it.
- ▶ I try something new every week — even if I fail.
- ▶ I test ideas in real life and adjust based on what actually happens.

2. CURIOSITY VS. PERFORMANCE

When was the last time you were curious without worrying how it looked?

- ▶ I follow my own curiosity — even when no one's watching or clapping.
- ▶ I let myself fail without turning it into a drama or a lesson.
- ▶ I stay curious AND I track what I learn — no performance, just progress.

Reflections:

"I have no special talent. I am only passionately curious.
Albert Einstein"

3. WHOSE LIFE ARE YOU LIVING?

How much of what you do is because YOU want it — and how much is because someone told you to want it?

- ▶ I write down every "should" I follow — then cross out the ones that were never mine.
- ▶ I do something this week without telling anyone. No permission. No applause.
- ▶ I build daily habits based on MY values — not what looks good to others.

4. YOUR LIFE IS THE CURRICULUM

What has your life already taught you — that you've ignored, dismissed, or refused to apply?

- ▶ I write down the hardest lessons I've lived through — and admit which ones I'm still avoiding.
- ▶ I tell someone the raw truth of what I've been through — out loud, no filter, no editing for comfort.
- ▶ I treat every failure, loss, and breakdown as data — and run new experiments based on what I learned.

Reflections:

"Be less curious about people and more curious about ideas."

Marie Curie

5. ARE YOU WATCHING YOUR LIFE — OR LIVING IT?

Most people spend more time observing themselves than actually being present. Which one are you?

- ▶ I write daily — not about what happened, but about what I was avoiding while it happened.
- ▶ I stop mid-decision and notice: Am I reacting on autopilot — or choosing consciously?
- ▶ I say the uncomfortable truth to someone who can handle it — and hear what they see that I don't.

6. ARE YOU GROWING — OR JUST CIRCLING?

How often do you leave what you already know and actually learn something that makes you uncomfortable?

- ▶ I step into something unfamiliar every month — not to master it, but to break my own patterns.
- ▶ I take what I already know and collide it with something I don't — on purpose.
- ▶ I seek out people who disagree with me — and I listen without defending.

Reflections:

"Learning never exhausts the mind."
Leonardo da Vinci

7. DO YOU PLAN YOUR LIFE — OR LET IT PLAN YOU?

Structure without spontaneity is a prison. Spontaneity without structure is chaos. Where do you actually live?

- ▶ I build a skeleton plan — then let what happens in the moment fill in the bones.
- ▶ I protect time with no agenda. No goals. No screens. Just space to see what shows up.
- ▶ I set a target and stay ruthlessly open to how I get there — plans change, direction doesn't.

8. STOP THINKING. START DOING.

Theory without action is entertainment. What are you actually going to DO — not someday, but this week?

- ▶ I pick one routine task and do it completely differently tomorrow — just to see what happens.
- ▶ I observe one thing I do every day for 7 days — and write down what actually changes when I pay attention.
- ▶ I give myself a 7-day challenge: one small action, done daily, no excuses. Document what I learn.

Reflections:

"I cannot teach anybody anything. I can only make them think."

Socrates

9. DO YOUR CHOICES MATCH YOUR VALUES — OR BETRAY THEM?

Everyone has values. Few live by them. How honest are you willing to get about where you're falling short?

- ▶ I name three values I claim to hold — and admit where I'm not honouring them.
- ▶ I track one week of choices and catch myself every time I compromise what matters.
- ▶ I take one action this week that scares me — because it's 100% aligned with who I say I am.

10. ARE YOU INSPIRING OTHERS — OR JUST TALKING AT THEM?

Real influence doesn't come from lectures. It comes from living it so loudly people can't help but notice. How are you actually showing up?

- ▶ I share one small truth daily — not to teach, but to connect.
- ▶ I create a space where others can show up too — a group, a challenge, a conversation that invites real presence.
- ▶ I shut up and let my life speak. I show the work. I live the ripple effect.

Reflections:

"Real knowledge is to know the extent of one's ignorance."

Confucius

Active Learning

8.

IT IS ONLY AS COMPLICATED AS YOU MAKE IT

Most of what you call "your thinking" isn't yours.

It's inherited. Absorbed. Downloaded from parents, culture, schools, algorithms, and a thousand voices that were never asked for permission. You've been shaped by systems that benefit from your compliance — not your clarity.

These ten questions weren't designed to give you answers. They were designed to expose the cracks — to reveal the places where borrowed beliefs are running your life while you assume you're in control. Owning your thinking is the first act of real freedom.

Why This Matters:

- ▶ You can't change what you don't see. Most people live on autopilot, reacting to beliefs they never chose. Until you question where your thoughts come from, you're not thinking — you're echoing.
- ▶ Society rewards conformity, not curiosity. The system doesn't want you asking hard questions. It wants you productive, predictable, and quiet. Reclaiming your thinking is an act of rebellion.
- ▶ Your questions shape your reality. Ask small questions, get small lives. Ask uncomfortable questions, and you crack open doors most people don't know exist.
- ▶ Comfort is a trap disguised as safety. The beliefs that keep you "safe" are often the same ones keeping you stuck. Growth lives on the other side of questioning everything you've accepted.
- ▶ You are your own longest project. Not your job. Not your legacy. Not what others expect. The dash between your birth and death is YOUR territory — and it starts with owning your mind.

Stop borrowing your life. Start building it.

"Life is not a problem to be solved, but a reality to be experienced."

Søren Kierkegaard