

Are You an Explorer?

“Invention and discovery are penetrating hitherto unknown fields, revealing new wonders and hidden secrets . . .” —Abdu’l-Bahá

Life is full of amazing mysteries. Is there life on other planets? Why do we dream? Is it possible to time travel? Curiosity can make every day an adventure! Did you know our brains are *designed* to be curious? When we question something, our brain releases the chemical **dopamine**. It makes us feel excited and drives us to explore. So curious people tend to be happier.

When we’re curious, we’re open to experimenting. Like

an explorer seeking hidden treasure, you could discover a new talent or passion. You might find you love mountain climbing, camping, or cooking. Maybe you’re a wizard at science, soccer, or singing, and you didn’t know it!

Digging into new things can unearth worlds of wonder. So jump out of your comfort zone. Ask questions. Follow ideas that ignite your imagination. Awesome discoveries are just waiting for you to investigate with enthusiasm!

Circle your answers and add up your score or scan the QR code to take the quiz online.

Try this quiz online! Scan code to go to *Brilliant Star’s* website.



1. When I see stuff on the internet or TV, I check to see if it’s true.
Often = 3 • Sometimes = 2 • Rarely = 1
2. I spend time dreaming or imagining without distractions like screens.
Often = 3 • Sometimes = 2 • Rarely = 1
3. I make friends with people from diverse backgrounds.
Often = 3 • Sometimes = 2 • Rarely = 1
4. If someone has a different opinion than mine, I want to find out why.
Often = 3 • Sometimes = 2 • Rarely = 1

5. I like to explore museums, libraries, parks, landmarks, and other cool places.
Often = 3 • Sometimes = 2 • Rarely = 1
6. I think about how the world can be better and how I can help.
Often = 3 • Sometimes = 2 • Rarely = 1
7. I like to travel and explore new food, cultures, traditions, and music.
Often = 3 • Sometimes = 2 • Rarely = 1
8. If a question pops up into my head, I enjoy looking for the answer.
Often = 3 • Sometimes = 2 • Rarely = 1

9. I like to learn new skills, hobbies, or ways to do things.
Often = 3 • Sometimes = 2 • Rarely = 1
10. When I feel negative about someone or something, I try to understand why.
Often = 3 • Sometimes = 2 • Rarely = 1
11. If I have a problem, I look for lots of solutions and talk to people I trust.
Often = 3 • Sometimes = 2 • Rarely = 1
12. If I’m bored, I get creative, go outside, or have fun with family or friends.
Often = 3 • Sometimes = 2 • Rarely = 1



My Score

36–28 POINTS You’re an eager explorer! Keep following your curiosity and enjoy seeing where it leads you.

27–20 POINTS You’re learning to explore new paths. Choose a tip from the quiz to have fun experimenting!

19–12 POINTS You can build your skills as an explorer. Try some ideas from the quiz and voyage into new territory!