

An invitation to explore new perspectives

As the world becomes more connected, it's in everyone's best interest to adapt and welcome one another. And the more you understand what interests and influences others, the more likely you will understand and appreciate them.

Use this exercise to explore new perspectives. For each category, write your 'go-to' favourite(s) and add ideas to try. Then, use the list to start exploring. Try the things you can in person, and use online and community resources like public libraries and museums for the other ones.



Favourite food(s):

Examples: Spaghetti bolognese, pizza, Caesar salad

Foods I have never tried but could and should:

Examples: Haggis, vegan burger



Music genres I love:

Examples: British pop, EDM

Music genres I should listen to and learn more about:

Examples: Fado, Ukrainian heavy metal



Language(s) I understand:

Examples: Spanish, English

Languages I would love to hear and learn more about:

Examples: Sign Language, Australian Kriol



Entertainment type and genre I seek the most:

Example: English-language romantic comedies

Entertainment types I should try and learn more about:

Examples: Swedish spy thriller novels, Bollywood films



Places I've travelled:

Examples: Paris, New York, Bangkok

Places I've never been and could learn more about in person or through travel sites, TV programmes and publications:

Examples: The Norwegian fjords, Patagonia, Kyoto

Bonus: Guiding principle(s) and self-reflection

On the back of this sheet, write down a saying you turn to for comfort or motivation. (Example: 'When a door shuts, somewhere a window opens'.) Research sayings from 4 other sources, such as another country or a person from a culture other than your own. (Example: Pele, 'Success isn't determined by how many times you win, but by how you play the week after you lose'.*) Then reflect on how you might apply each new principle in your own life.

* The Fact File. 45 inspirational Pele quotes. 20 December 2020.