

Beaming Bernie Curiosity Jumpstart

*A gentle guide to spark energy
and follow what feels
interesting.*

When life feels heavy, overwhelming, or stuck... your next step doesn't have to be huge. It just has to feel interesting.

This isn't about finding your passion or fixing your life overnight.
It's about one small, curious step — something that makes you feel a tiny bit more alive.
No pressure. Just a nudge toward what pulls you in.



How to Use This — or Not.

Curiosity is your internal GPS out of stuckness.

It doesn't demand a plan — just attention.

Following what feels interesting, even in the smallest way, rebuilds trust in your inner voice.

Let's start there.

Let your curiosity be your compass

You don't have to start at the beginning.

You don't have to finish it all at once.

You don't even have to finish it at all.

The Jumpstart is an invitation, not a mandate.

Leave it open for when inspiration strikes.

Colour in the O's. Scribble in the margins.

Whatever pace you choose — that's the right pace.

You're not here to prove anything.

You're here to feel alive again.

*Ready to follow what sparks?
(A whisper of interest, a nudge of energy —
one curious step at a time.)*



Where the Spark Starts

What's calling you?

Use these prompts to notice where your curiosity is quietly nudging you to pay attention.

Prompts:

- ✦ What have I been Googling, watching, or reading lately — *just for fun*?
- ✦ What makes me lose track of time?
- ✦ What feels interesting, even if it doesn't "make sense"?
- ✦ What have I been thinking about exploring but haven't started yet?
- ✦ What tiny action could I take in the next 5 minutes to learn more?

You don't need to act on any of this yet.

Just notice what lights up — and let that be enough for today.



One Curious Step Forward

Try One Micro-Experiment

Pick one low-pressure action that feels fun, interesting, or energising — just for you.

- ✦ Read a page of a book on that topic
 - ✦ Watch a short video
 - ✦ Take a walk while thinking about it
 - ✦ Visit a related place
 - ✦ Talk to someone who knows more
 - ✦ Make a little doodle or mindmap
 - ✦ Sign up for a free event or course
- ✍ Jot one thought, feeling, or next step below:

Reflection:

How did it feel to follow my curiosity — even just a little?



Closing Words

You don't need to figure everything out today.
But you can let one spark lead the way.

When you are ready you can take that curiosity further —
through **Your Change, Your Rhythm**, a 6-step cycle that
gently supports real, lasting change.

It's not about changing everything.
It's about moving forward — one small, steady step at a time.



One small spark can shift everything.
Keep following what feels interesting —
that's where momentum begins.



www.beamingbernie.com

Shining a Light on Life's Challenges

