



Your Daily Practice

Episode 34

How to Grow a Psychologically Rich Life with Dr. Erin Westgate

Psychological richness is characterized by having experiences that evoke curiosity, variety and interest. It is an important component of well-being that extends beyond meaning and happiness. Here's how you can grow more psychologically rich this week!

Practices to try this week

1. Look for opportunities to increase variability.

- Take a different route to work
- Do an activity you do regularly differently
- Be a tourist in your own town

2. Bring curiosity to an uncomfortable experience.

- Get curious about uncomfortable emotions like boredom or anxiety
- Get curious about people and places when in an uncomfortable situation

3. Practice productive procrastination.

- If you are procrastinating, do something else that is related but productive
- Enjoy the experience of productive procrastination and gain perspective and energy from it to return to your dreaded project with freshness