S · STAY CURIOUS

Mind, Heart, Hands

A thirty-day tool for Stay Curious

People stay sharp because something keeps pulling them back to the stone, and that something is curiosity. The moment you decide someone has nothing to teach you, the dulling has already started. Vladimir Horowitz was still practicing scales into his eighties. He didn't need to. He wanted to.

There are three edges to work: your mind, your heart, and your hands. Most of us polish one and neglect two, and a blade polished on one side is unfinished work. Fifteen minutes a day at any one of them adds up to more than ninety hours a year of deliberate improvement hiding in the margins of a normal life.

Step one: Pick one thing for each edge.

Mind · something I'm learning	Heart · a verse I'm memorizing	Hands · a skill I'm working to get better at
What:	*Verse:*	*What:*
Smallest daily version:	*Why this one right now:*	*Smallest daily version:*

Step two: Give one edge thirty days.

Not a system overhaul. Not a new identity. Circle the one edge above you're most likely to skim past, because that's the diagnostic, and give it thirty days. Pair it with something you already do: the commute, the coffee brewing, the workout. Don't find new time. Reclaim time that's already there.

My thirty-day edge, and when it happens each day

Who's going to ask me about it in a month

Step three: Keep a "getting better" note.

Once a week, one line. Not what you did, but one thing you did better than the week before. It keeps your eyes on progress instead of output, especially in the long middle where the gains slow down and the payoff hasn't shown up yet.

Week 1	Week 2	Week 3	Week 4

The Togishi's whole job was to reveal what was already in the steel. What's already in you that hasn't surfaced yet?