



# Expand Your Worldview

---

## Intro to worldview

The following is an incomplete list of ways to expand your worldview. In a nutshell, your worldview is how you think the world works and you expand your worldview every time you learn something new. This is why education does more worldwide to remove people from poverty and abuse than any other tool. More knowledge leads to an expanded worldview, and an expanded worldview reveals more opportunities. There are many more ways to expand worldview, but the list below is designed to show you free and low-cost ideas that will stimulate ideas of your own.

## Ways to expand your worldview

1. Learn: new skill, new hobby, new concept, even a new word
2. Read: fiction/nonfiction books, articles, newspapers, even flyers and pamphlets. Listening to books and podcasts is just as useful.
3. Visit historical sites and museums – read the plaques at historical sites that no one reads.
4. Hike a hill or mountain and change the view of where you live. Change your walk or drive to work.
5. Attend a church, synagogue, or mosque – nothing will change your worldview more than considering Deity and an afterlife.
6. Talk to people that are either much older or much younger than you are, get to know them. Get outside your generation.
7. Get to know people from other countries and cultures.
8. Ask what people do for a living, explore other careers just out of curiosity. I do this on plane trips all the time.
9. Experience, music, art, and movies that are outside your normal preferences.
10. Watch documentaries and movies based on true stories. I love this method but be careful. If most of your learning comes from watching screens you are limiting your worldview and encouraging yourself to remain passive. Passive is a trap you don't want to get comfortable in.
11. Pick a concept, technology, philosophy, or historical event that sounds interesting and spend an hour learning about it. Keep going after the hour if you are having fun.
12. Day trip to a distant town or city and spend a few hours there, even if it has no tourist attraction. Talk to people, ask what is unique about their town.
13. Attend a local club or organization meeting, consider joining.