

HOW OPEN-MINDED ARE YOU?

“We must lay aside all prejudice—whether it be religious, racial, political or patriotic; we must become the cause of the unification of the human race.” —Abdu’l-Bahá

Have you ever been asked to “keep an open mind” about something? Having an open mind is like opening a door to new ideas. You’re willing to try new things and consider other people’s points of view. Without an open mind, prejudice can sneak in. Strong prejudice toward people who look, talk, believe, or act differently has caused violence and the loss of human rights.

We all have some prejudices, even if we don’t

realize it. They can keep us from making friends and treating others with fairness and respect. But we can overcome them. If you hear about a new idea and feel your mind starting to close, tell yourself, “Wait! I want to learn more before I decide.”

Staying curious and avoiding quick judgments doesn’t mean you’ll agree with everyone or like everything you try. But you can have a lot of fun exploring our wide, wonderful world.

Are you open to new ideas?

Circle your answers, then add up your points.



- 1 I enjoy learning about diverse people, countries, and cultures.
Often = 3 • Sometimes = 2 • Rarely = 1
- 2 I think everybody has valuable ideas to share with the world.
Often = 3 • Sometimes = 2 • Rarely = 1
- 3 I respect the different world religions and their beliefs.
Often = 3 • Sometimes = 2 • Rarely = 1
- 4 When I hear someone joke about or insult people of a certain race, I speak up.
Often = 3 • Sometimes = 2 • Rarely = 1

- 5 When I disagree with someone, I listen and try to understand his or her point of view.
Often = 3 • Sometimes = 2 • Rarely = 1



- 6 I like to travel, see new places, and meet new people.
Often = 3 • Sometimes = 2 • Rarely = 1
- 7 When I meet a new kid in school who looks or talks differently from me, I’m friendly and welcoming.
Often = 3 • Sometimes = 2 • Rarely = 1
- 8 I try to learn about world events and think about how they affect my family or community.
Often = 3 • Sometimes = 2 • Rarely = 1

- 9 I’m kind and respectful to people with disabilities.
Often = 3 • Sometimes = 2 • Rarely = 1
- 10 If a kid is teased or bullied, I try to be a friend to him or her.
Often = 3 • Sometimes = 2 • Rarely = 1



- 11 I’ll try new food, music, and other things, even if they’re different from what I usually like.
Often = 3 • Sometimes = 2 • Rarely = 1
- 12 I get the facts and make up my own mind, rather than just going along with what others say.
Often = 3 • Sometimes = 2 • Rarely = 1

SCORING

MY TOTAL

36–28 points: You’re doing an awesome job opening your mind about people and ideas. Keep it up!

27–20 points: You’re keeping your mind open most of the time. Look for ways to let in even more new ideas.

19–12 points: The doors of your mind can be more open. Choose some tips from the quiz and try them out.