

Seeking Awe



Awe is the feeling of being in the presence of something vast that transcends our understanding of the world. Scientists tell us that awe, even more than other positive emotions, increases our sense of happiness and fulfilment by making us feel that we are connected to others around us. Some research even suggests that a daily dose of awe will make us more resilient and boost our immune system.

Use this worksheet to bring more awe into your life.

Name three things in nature that always brings you a sense of awe.

Name three things in the arts (visual arts, music, dance, writing and so forth) that always brings you a feeling of awe.

Name three things you experience with friends and family that brings you a sense of awe.

Name three places you might go to experience awe.
