



Manhattan Marriage & Family Therapy

Earth Love Month

Day 18: How Much AWE Do You Have?

The small things we do daily usually have the greatest cumulative impact on our lives and the environment. If we want to make a real positive impact, we must start with daily habits and make baby steps toward change.

An experience of awe involves feeling that you're in the presence of something vast that challenges your understanding of the world; that could be found in nature, art, a mind-blowing idea, or an impressive feat, including acts of great skill or virtue.

Take the [Berkeley AWE Quiz](#) here. Or experience even more AWE with these suggestions from Berkeley:

- **Take an “Awe Walk.”** An **Awe Walk** involves going somewhere that has the potential to evoke awe—even if it's your own backyard—and approaching it with fresh eyes, taking in the scenery as if for the first time. Even well-worn routes can reveal unexpected sources of awe—if you're paying attention. In **one study**, simply gazing up at tall trees for two minutes was a powerful elicitor of awe.
- **Consume awe-inspiring media.** Computers and phones often distract us from our surroundings, limiting opportunities for awe, but these devices can become sources of awe themselves. The Internet is replete with captivating images, moving videos, and inspiring stories. **Research suggests** that watching **videos** and

reading **stories** that convey a sense of vastness and possibility can increase our feelings of awe, slow our perception of time, and even boost our life satisfaction.

- **Write about awe.** Our own memories can be a valuable source of awe. The practice of writing a detailed **Awe Narrative** has been shown to increase awe, reduce time pressure, and make people more generous. Can you think of a time when you felt a strong sense of awe, perhaps in the presence of someone who wowed you with her exceptional intelligence, kindness, or courage.