

EXPERIENCE AWE

Awe: a feeling of reverential respect mixed with fear or wonder.

The stories and other stimuli that inspire awe tend to share two key features:

1. They involve a sense of vastness that puts into perspective your own relatively small place in the world. This vastness could be either physical (e.g., a panoramic view from a mountaintop) or psychological (e.g., an exceptionally courageous or heroic act of conscience).
2. They alter the way you understand the world. For instance, they might make your everyday concerns seem less important, or they might expand your beliefs about the reaches of human potential.

Reflect on a time you experienced awe.

1. When did you experience awe in the past year? _____

2. How did it make you feel? _____

Submit your skill builder to nmpsia.wellness@phs.org by February 10 to be eligible for a prize!

Name: _____ Wellness Ambassador _____

Email: _____

