

# Awe Journal

"Brief moments of awe are as good for your mind and body as anything you might do." - Dr. Dacher Keltner

I, \_\_\_\_\_, commit to filling this journal daily with moments of awe. This is my way of shaping my perspective, expanding my mind, choosing contentment, and noticing the beauty around me, one day at a time.

**Start Date:**

**Time Commitment:**

5 minutes per day

**Routine Cue:**

(when will I do it? How will I remember to do it?)

## Daily Awe Moments

Date	My Awe-Eliciting Action	What did I think?	What did I feel?	Any barriers?
Sample Day	I went for an awe walk in the forest	-The forest goes on forever  -these trees are huge, and I'm so small  -how much of the world is covered in trees	Goosebumps  Peace  Small	


“We can find awe, then, in eight wonders of life: moral beauty, collective effervescence, nature, music, visual design, spirituality and religion, life and death, and epiphany.”

—Dacher Keltner, *Awe: The New Science of Everyday Wonder and How It Can Transform Your Life*