

Everyday awe

Experiencing awe fosters positive emotions, including gratitude, curiosity, joy, generosity, and perspective.

Awe is a feeling that arises when we witness something we don't immediately understand, like a solar eclipse. Besides natural wonders, sources of awe include acts of courage or kindness, art, music, and religious experiences. Having awesome experiences is associated with greater emotional well-being and happiness.



You can find awe in everyday life. Look for them as you go about your day.

Pause and notice nature in your backyard and neighborhood.

Listen to beautiful music, watch nature videos, or practice your spirituality.

Read an inspiring story or spend time with a young child.

