

Awe Experience Tracker

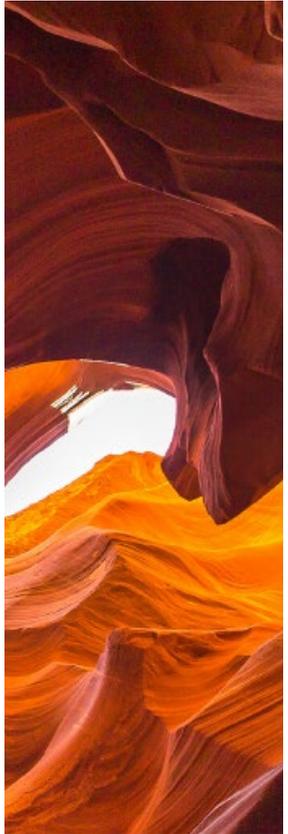
Reflect for a moment on what created your awe experiences, both personal and professional, and consider writing them down before you read the examples on page 3.

The reason to catalogue awe moments is that, too often, a low number of awe experiences are reported simply because people may not even take a moment to consider or reflect on what their awe experiences might have been. Taking the time to not only experience, but also to reflect upon, such powerful experiences may hold the key to enhancing not only brain and body health, but overall quality of life.

When people describe their awe experiences, they often refer to the birth of a child, observing art or a natural wonder, even meeting a famous celebrity or witnessing unusual feats of athleticism at a sporting event. These tend to be extraordinarily intense and emotional experiences that stand out in one's life. Thus, we can categorize awe experiences into three buckets:

- **Aesthetics** -- Nature/art/architecture
- **Admiration** -- Reverence to people/celebrities
- **Adoration** -- People/animals/love

Within these buckets are **beauty-based**, such as a child responding with playfulness to their adored pet, and **threat-based** experiences, which would include seeing the devastation from a natural disaster like a tornado.



In events, planning effort should be spent on invoking the emotion of awe to bring forth a transformational mindset in the audience. Use this tool secondly to chart your event and determine when and where awe can come forth.

To create awe experiences at events, think about the connections to ideas and people that are being made. Understand the impact the physical environment has to push attendees toward beauty-based aesthetic awe, and what an activation for, example, petting puppies brought in by the local shelter can do.

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<i>Where were you?</i>	<i>Who were you with?</i>	<i>What happened?</i>	<i>What did you see? Hear? Do?</i>	<i>What did you say to yourself or out loud?</i>	<i>What emotions/feelings do you have?</i>	<i>What do you notice in your body (physiology)?</i>	<i>What did you think?</i>	<i>What insights/takeaways did you have?</i>	<i>What did you do next?</i>

Need some ideas? See examples on the next page.

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Watching Kilauea Volcano erupting, lava flow into ocean working on cruise ship around Big Island	Co-workers on cruise ship	In the dark of night, the cruise ship passed the hot lava flowing into the ocean	Gasps of amazement and wonderment	Wow, Ahhh, amazing	Engrossed	Relaxed	How amazing that this is how land forms in the ocean	Nature is extraordinary	Wanted to learn more about how acts of nature evolve
Neighborhood after storm	Family, friends, sometimes alone	After huge storms hit area, walked around	No power for a week in neighborhood, hundreds of trees down, homes destroyed	Oh my God, Whod! Whaaat?!	Disbelief, couldn't wrap head around	Shallow breathing	What happened? how will this get fixed?	Scary how damaging storms can be. Increased sense of solidarity with neighbors involved with me in direct experience	Wanted to reach out and help family, friends, and neighbors

Discover more about the transformative power of awe at theexpogroup.com/wiredforwonder