

Try “WALKING IN AWE” for 21 Days

Difficulty: CASUAL

Frequency: 1X/DAY

Duration: 5–15 MINS

WHY YOU SHOULD TRY IT

Awe is the feeling we get when we encounter something vast, beautiful, or beyond our understanding—like a starry night, a rushing waterfall, or the quiet complexity of a leaf. It pulls us out of our heads and into the present moment, expanding our perspective and softening the ego.

Research suggests that experiencing awe can increase feelings of connection, reduce stress, and promote generosity and wellbeing. When we intentionally seek awe in the everyday—especially through nature—we make space for wonder and presence to return to our lives.

HOW TO DO IT

1. **Go for a Walk**

Choose a path with natural elements—trees, water, sky, grass, clouds, birds. You don’t need a majestic landscape. Awe can be found in small things, too.

2. **Tune In with Curiosity**

Walk slowly and look around as if you’re seeing everything for the first time. Ask yourself:

- What surprises me?
- What feels vast or mysterious?
- What makes me feel part of something larger?

3. **Pause for Awe**

When something catches your attention—sunlight on a leaf, the shape of a tree, the sound of the wind—stop and take it in. Let yourself feel small, connected, moved.

4. **Capture the Moment**

Take a photo of the scene, object, or sky that stirred something in you. Use your phone or any camera you have. Don’t worry about how “good” the photo is—this is about *feeling*, not perfection.

5. **Reflect Briefly**

Write a few words or sentences about what you saw and how it made you feel. You can jot this in a journal, your phone, or even post it online.

6. **Repeat**

Try to take at least 10 awe-inspired photos over the next 21 days. Spread them out. Let your sense of wonder build.

EVIDENCE IT WORKS

- Experiencing awe boosts mood, generosity, and feelings of social connection.
- Daily awe walks have been shown to reduce anxiety and increase life satisfaction.
- Even brief awe moments can shift attention away from the self and toward something greater.

“He who can no longer pause to wonder and stand rapt in awe,
is as good as dead; his eyes are closed.”

Albert Einstein