

GROW YOUR HAPPINESS, HEALTH, AND WELL-BEING



MINDFUL AWE EXERCISES

Learn how to stay present and
attentive to your surroundings.

Build the skills that improve your life.

WHAT IS MINDFUL AWE?

Mindful awe involves being mindful during the experience of seeing – by paying attention to the shapes, colors, and details of what we see.

To create moments of mindful awe, focus on imagining being present in the moment, seeing it all, and appreciating the vastness of the landscape.

On this following pages, you'll find 3 landscapes with instructions for how to create moments of mindful awe.

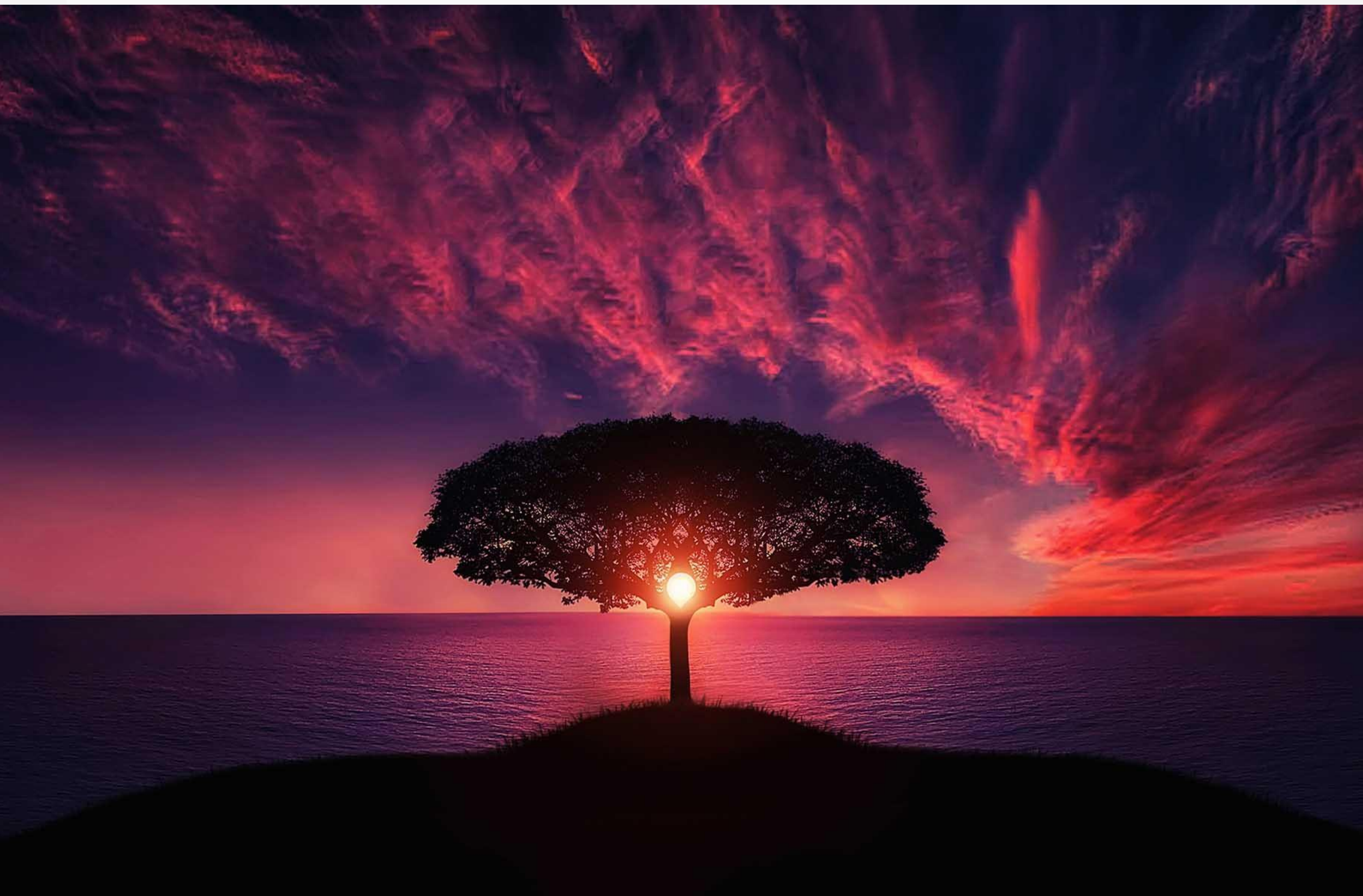
Enjoy!

MINDFUL AWE EXERCISE #1

Observe the landscape. As you look, ask yourself the following questions to promote mindful awe.

- What colors do you see?
- What shapes emerge?
- When you look a little longer, what else do you see?
- Now imagine how it would feel to be in this place.
- What would it smell like?
- What would the temperature be?
- How big is what you see?
- How far away is it?

Take one last deep breath and finish your moment of mindful awe having been fully present in observing this landscape.



MINDFUL AWE EXERCISE #2

Observe the landscape. As you look, ask yourself the following questions to promote mindful awe.

- What colors do you see?
- What shapes emerge?
- When you look a little longer, what else do you see?
- Now imagine how it would feel to be in this place.
- What would it smell like?
- What would the temperature be?
- How big is what you see?
- How far away is it?

Take one last deep breath and finish your moment of mindful awe having been fully present in observing this landscape.



MINDFUL AWE EXERCISE #3

Observe the landscape. As you look, ask yourself the following questions to promote mindful awe.

- What colors do you see?
- What shapes emerge?
- When you look a little longer, what else do you see?
- Now imagine how it would feel to be in this place.
- What would it smell like?
- What would the temperature be?
- How big is what you see?
- How far away is it?

Take one last deep breath and finish your moment of mindful awe having been fully present in observing this landscape.

