

Assessment

Reflective questions (Step 3)

1. What factors facilitated the experience of awe? Was it the environment, the people around you or something else?

2. What factors may have impeded your experience of awe? Were there any distractions or obstacles that prevented you from fully immersing yourself in the moment?

3. How might you remove potential barriers to experiencing awe in the future? What strategies or techniques could you use to cultivate a greater sense of wonder and amazement in your daily life?