



Assessment

Reflective questions (Step 4)

1. What activity did you do to evoke a sense of awe intentionally?
2. How did you feel during the experience? Did you feel a sense of wonder, amazement or reverence?
3. What barriers did you face during the experience? Were there any internal or external factors that prevented you from fully immersing yourself in the moment?
4. How can you overcome these barriers in the future? What strategies or techniques could you use to cultivate a greater sense of awe?