

Awe is a self-transcendent emotion - it focuses our attention away from ourselves and toward our environment.

*"While many of us associate awe with dramatic, life-changing events, the truth is that awe can be part of everyday life."*

**Awe is something you can develop with practice.**

**Dr. Keltner recommends:**

1. Pay attention. Awe is all around us. His research shows that people experience awe two or three times a week.
2. Focus on the simple act of witnessing the goodness in others - "moral beauty."
3. Practice mindfulness.
4. Choose the unfamiliar path - awe often comes from novelty.
5. Take an [awe walk](#).