

AWE Walks

What is an Awe Walk?

An awe walk is a solo, mindful walk where you intentionally seek out moments of wonder — things that surprise, humble, or inspire you. These can be vast landscapes, tiny details, or anything that shifts your perspective away from yourself.

During your walk, try to...

- Walk slowly and silently — give yourself time.
- Look for beauty, surprise, or vastness.
- Engage all your senses: What do you see, hear, smell, or feel?
- Imagine you're seeing the world for the first time.
- Take 1-2 photos if something truly captures your sense of awe.

5 Micro-Awe Practices

- Watch clouds move across the sky or sunlight through leaves.
- Stand next to a large tree or sculpture and look up.
- Listen to music that gives you chills.
- Observe a child or animal discovering something new.
- Read or reflect on something that reminds you of your place in a vast world.

Awe Must-Reads

Keltner, D., & Haidt, J. (2003). Approaching awe, a moral, spiritual, and aesthetic emotion. Cognition and Emotion 17(2), 297–314.

Allen, S. (2018). The science of awe: A white paper. Greater Good Science Center, University of California, Berkeley.

Sturm VE, Datta S, Roy ARK, Sible II, Kosik EL, Veziris CR, Chow TE, Morris NA, Neuhaus J, Kramer JH, Miller BL, Holley SR, Keltner D. Big smile, small self: Awe walks promote prosocial positive emotions in older adults. Emotion. 2022 Aug;22(5):1044-1058.

Awe is the feeling of being in the presence of something vast that transcends your current understanding of the world.
---D. Keltner, Awe, 2023