



## 20 ways to find everyday AWE in CONNECTIONS

1. Spend time with someone that makes you laugh
2. Give someone your full attention when they speak
3. Meet a friend for coffee
4. Have a friend or family game night
5. Attend a local talk or lecture
6. Organize a clothing swap with friends
7. Call a friend you haven't spoke to recently
8. Engage in a novel activity with your partner
9. Pay for a random stranger's lunch
10. Let your kids teach you something
11. Ask an older person to share a life story
12. Watch a child take their first steps
13. Cook with a friend or loved one
14. Say hello to a neighbor you don't usually talk to
15. Send a handwritten card or note to a friend
16. Volunteer at a local community center
17. Look at pictures of yourself when you were a kid
18. Develop a couples gratitude practice
19. Meditate alongside a friend or loved one
20. Go thrift shopping with a friend