



20 ways to find everyday AWE in NEW EXPERIENCES

1. Try a completely new food
2. Travel somewhere you have never been before
3. Challenge your current perspective on something
4. Take a hot air balloon ride
5. Take a different route home from work
6. Try out a new form of exercise
7. Go thrift shopping
8. Have a real tech-free day
9. Create an awe portfolio of photos/objects
10. Learn a new business skill
11. Try out a new recipe
12. Visit a big city that you haven't been to
13. Learn a new language
14. Try a new meditation
15. Learn a new skill like gardening or sewing
16. Explore a new profession you've thought about
17. Visit local historic building you haven't been to
18. Try a new yoga pose
19. Conquer a fear you've had your whole life
20. Consider a big idea like quantum physics