

# The 8 Wonders of **AWE**



## **1** TRANSCENDENCE

Reaching beyond our normal understanding of life through experiences (e.g., religious, spiritual, mystical) that foster a sense of meaning in our lives.



## **2** BIG IDEAS

Reveling in philosophical insights, scientific discoveries, mathematical equations, systems thinking, or personal realizations.



## **3** NATURE

Basking in the clouds, the ocean, waves, trees, birds, gardens, the night sky full of stars, a quiet walk along the lake, or a run through vast sand dunes.



## **4** THE LIFE CYCLE

Appreciating cycles of birth, growth, decay, death, and rebirth, like a child's birth, a caterpillar's metamorphosis, or a family's continuity—from ancestors to descendants.



## **5** MORAL BEAUTY

Responding with emotion to acts of kindness, charity, self-sacrifice, or courage.



## **6** VISUAL DESIGN

Admiring the complex designs and sacred geometries of visual art, architecture, and nature.



## **7** COLLECTIVE EFFERVESCENCE

Becoming aware of a larger "We" during a graduation ceremony or a wedding dance; while celebrating a holiday with fireworks, or cheering on a sports team.



## **8** MUSIC

Listening to or playing music with others; tapping our feet, swaying our hips, or clapping our hands in unison with others.

From *Awe: The New Science of Everyday Wonder and How It Can Transform Your Life* by Dacher Keltner.

Learn more about awe—and other keys to well-being—at the Greater Good Science Center:



[greater.berkeley.edu](http://greater.berkeley.edu)  
[ggie.berkeley.edu](http://ggie.berkeley.edu)