

WHAT'S AWESOME?

NAME

DATE

Although the word "awesome" is thrown around like confetti, much of what it describes is not so magnificent, moving or inspiring that it leaves someone wordless, humbled or awestruck. Researchers say that it's been harder for youth to experience the awe that usually occurs from being in nature because of the prevalence of screens, lack of outdoor time, and the defunding of art and music programs.

Yet experiencing awe is an essential component of becoming a flourishing person because it makes us want to be more selfless, pro-social and challenge ourselves to become better men or women. Astronauts who "space gaze" at the Earth universally say that the experience was so transcendent and awe-inspiring that they returned to earth fundamentally altered. This "overview effect" is something we must experience regularly to remind us that truly awesome sights and sounds are unique and memorable, and that the word "awesome" should only be used when justified. What have you witnessed or experienced recently that was truly awesome?



