

Look for sources of awe in:

Beauty - Threat - Ability - Human Goodness

From Dacher Keltner, Born to Be Good

Vhat is something you saw or experienced recently that gave you a sense of awe?	





re there sources of psychological stress in your life that you could eliminate? What are they?	
at are 3 things in yo	ur life that create the good kind of stress—being engaged, engrossed, and challenged?
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