
9. A Week of Awe & Wonder

MONDAY

MICRO-AWE (VASTNESS) Spend 5 minutes looking at the furthest point possible—the horizon, the clouds, or the night sky.

TUESDAY

MICRO-WONDER (INTRICACY) Use a magnifying glass or the "macro" setting on your phone to look at the veins of a leaf, the texture of a stone, or the iris of your own eye.

WEDNESDAY

MORAL BEAUTY (HUMANITY) Watch a short video or read a story about someone performing an act of radical kindness or overcoming a massive obstacle.

THURSDAY

AUDITORY AWE (SOUND) Listen to a piece of "grand" music (cinematic scores, choral music, or complex jazz) with your eyes closed for 10 minutes.

FRIDAY

COLLECTIVE EFFERVESCENCE (CONNECTION) Go to a place where people are moving in unison—a yoga class, a park where people are walking, or even just a busy café where you can observe the "dance" of society.

SATURDAY

SLOW MOTION SAVOR (TIME) Spend 10 minutes doing a mundane task (like washing dishes or making tea) at half-speed, noticing every sensation.

SUNDAY

BIO-GRATITUDE (INTERNAL AWE) Close your eyes and visualize the 37 trillion cells in your body working in harmony without you having to ask them to.

From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity**

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.
