

# Awe

When was the last time you felt a sense of awe?

Maybe you were out for a morning walk and were treated to a spectacular sunrise, or you were driving at night and witnessed one of the recent aurora borealis displays. Maybe you enjoyed a particularly delicious hot chocolate at YYC Hot Chocolate Fest.

According to this [article](#), awe can make you happier, healthier, more humble and more connected with the people around you. Take a moment to notice your surroundings, to appreciate the incredible piece of technology you are currently using, the birds singing in the yard, the craftsmanship of your home. Take a moment to appreciate, and not to take for granted.

With practice this sense of awe, and by extension gratitude, will come more easily. And that, can be life changing.

