

 Leadership Checklist

## AWE

### I. You and Awe

*For a quick and honest assessment of your current receptivity to awe, answer the following questions on a scale of 1 to 4:*

**1 – often      2 – sometimes      3 – seldom      4 – never**

- 1.** I take unscheduled walks throughout my organization, observing day-to-day operations and enjoying informal conversations with employees from many departments.  
1   2   3   4
- 2.** I feel moved in the face of incredible beauty (music, art, nature).  
1   2   3   4
- 3.** I am grateful for my life.  
1   2   3   4
- 4.** I find time to enjoy the simple pleasures of life (playing with children, listening to music, taking a walk, appreciating nature).  
1   2   3   4
- 5.** I feel fully alive and vibrant.  
1   2   3   4
- 6.** I acknowledge and recognize those who have contributed to where I am today.  
1   2   3   4
- 7.** I'm glad that I'm a leader.  
1   2   3   4
- 8.** I'm comfortable being alone and quiet, allowing my thoughts and my imagination to wander.  
1   2   3   4



Add up your answers.

Your Score \_\_\_\_\_

A lower score indicates an appreciation for the expansiveness and wonder of the world and humanity. A higher score means you might be viewing the world with blinders, unable to see the wonder and awe in what is going on in your organization and your life. Perhaps you are burned out, highly stressed, and under too much pressure. Step away from distractions and seek ways to renew your sense of appreciation.

## II. Make a Date With Awe

Below is a list of things you can do to reconnect with awe. Circle four that you will commit to over the next few months, and put a target date by each.

1. Pick a couple of hours during the workweek to be unplugged: turn off your phone, e-mail, iPad, laptop, and any other device that distracts you. If necessary, let people know, cover your bases. Use the time to walk around work and have casual conversations and reconnect with employees.
2. Volunteer for a local community cause. If you can make the time, travel to a disaster-stricken area as a volunteer.
3. Hike up a mountain, into a canyon, or through a forest.
4. Sit alone in a comfortable place and listen to beautiful music for thirty minutes or more.
5. Watch a sunset or a sunrise.
6. Sit on a park bench and watch people—without judgment, just curiosity.
7. Attend meetings in other departments just out of interest, to see what they're doing.
8. Go to an art museum.
9. Attend a concert or symphony.
10. Take a scenic airplane ride.



11. Sign up with Virgin Galactic for a flight into outer space ([www.virgingalactic.com/booking](http://www.virgingalactic.com/booking)).
12. Observe a nursery school or kindergarten class.
13. List other activities that would elevate your appreciation and curiosity for life:

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TO EXPERIENCE AWE YOU MUST BE ABLE TO APPRECIATE YOUR WORLD, TO SENSE ITS WONDER, TO FEEL ALIVE.

“The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity.” —Albert Einstein