

# Week 4 – Video 11 Homework

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- ✓ Add laughter to your daily life
  - Notice what you feel – emotionally and physically
- ✓ Experience awe daily
  - Reflect on what emotions you feel as a result of awe
- ✓ Continue with your goals
  - Value-based goal
  - Exercise goal
- ✓ Perform 3 random acts of kindness over a 3 day period
  - Journal down what you did and how it made you feel
- ✓ If you would like to review the video to inspire your random acts of kindness: <https://www.cnn.com/2020/01/04/us/2020-tipping-challenge-donnie-wahlberg-trnd/index.html>
- ✓ If you would like to learn more about “Soul” and how it portrays awe: [https://greatergood.berkeley.edu/article/item/how\\_the\\_science\\_of\\_awe\\_s\\_haped\\_pixars\\_soul](https://greatergood.berkeley.edu/article/item/how_the_science_of_awe_s_haped_pixars_soul)