

Peak Experience Homework

I want you to think of a truly wonderful moment in your life. A moment that was fantastic in every way. A moment that was rapturous, ecstatic, and full of enjoyment. A moment when you were fully yourself, and you were fully engaged in whatever you were doing. This moment could have taken place over a half-hour or hour, or a couple of hours, or maybe even an entire day. The moment could be something that others recognized as a big moment (like a championship game or huge performance) or not (like a really amazing conversation with a friend). I want you to describe this moment: what you were doing and why it was so great. Also, if possible, try to describe how this moment felt different from the way you and your life usually feels, and/or how you felt different as a person.

(Note: I will ask you to share this in class, but I will not force you to!)