

How Mindful am I?

Based on your personal experiences, and from your own point of view, circle a number for each of the following 11 statements, and please give brief real-life descriptions/examples if you can. You can ask someone who knows you well to complete one of these about you too. It might be useful to get their perspective and talk it over with them.

Typically, the way I see myself is.....

1. I react impatiently with others and rush through each moment to get to other 'better' ones.

I'm very impatient with others and rush through each moment to get to other 'better' ones 1 2 3 4 5 6 7 8 9 10 *I'm patient with others and happy to stay in the moment*

A real-life example of this was when.....

2. I'm fixed and set in my ways of seeing and doing things.

I'm very fixed and set in my ways of seeing and doing things 1 2 3 4 5 6 7 8 9 10 *I'm open to try new ways of seeing and doing things*

A real-life example of this was when.....

3. I lack trust in myself and others—I don't trust my own intuition, feelings or authority.

I'm not very trusting of myself and others 1 2 3 4 5 6 7 8 9 10 *I am trusting of myself and others*

A real-life example of this was when.....

4. I strive really hard to achieve success.

I strive really hard to achieve success 1 2 3 4 5 6 7 8 9 10 *I notice and let go of the need to strive really hard to achieve success*

A real-life example of this was when.....

5. I find it hard to accept things just as they are—good or not so good.

I find it very hard to accept things just as they are 1 2 3 4 5 6 7 8 9 10 *I accept things just as they are*

A real-life example of this was when.....

6. I cling to or reject thoughts and feelings about what's happening.

I cling to or reject thoughts and feelings about what's happening 1 2 3 4 5 6 7 8 9 10 *I notice and let go of thoughts and feelings about what's happening*

A real-life example of this was when.....

7. According to my own likes, dislikes and standards, I'm quick to judge others, and things that are happening.

I'm very judgemental about myself and others 1 2 3 4 5 6 7 8 9 10 *I notice and let go of my judgements about myself and others*

A real-life example of this was when.....

8. When Life gets stressful, I notice my breathing and I let go of stress or tension on the out-breath.

When Life gets stressful, I don't notice or let go of my breathing 1 2 3 4 5 6 7 8 9 10 *When Life gets stressful, I notice and let go of stress or tension on the out-breath*

A real-life example of this was when.....

9. I notice sensations in my body and I kindly explore and let them settle so that I can be relaxed and at ease with myself and others.

I don't notice the sensations in my body 1 2 3 4 5 6 7 8 9 10 *I notice and let go of the sensations in my body*

A real-life example of this was when.....

10. I notice feelings about my 'Self'—positive, negative or neutral—and I can see how they affect how I am, and let them go.

I don't notice the positive, negative or neutral feelings I have about my 'Self' 1 2 3 4 5 6 7 8 9 10 *I notice and let go of the positive, negative or neutral feelings I have about my 'Self'*

A real-life example of this was when.....

11. I notice and offer compassion, kindness and forgiveness to myself and others.

I don't notice the need for compassion, kindness and forgiveness to myself and others 1 2 3 4 5 6 7 8 9 10 *I notice and offer compassion, kindness and forgiveness to myself and others*

A real-life example of this was when.....

Just to finish off, reflecting on what you've learned so far from this questionnaire today about being Mindful as an individual in everyday Life, what thoughts and/or questions are you left with?