

Name: _____

Mindfulness Survey

Interested in leading a balanced life, but not sure where to start? Or looking for some new ideas to add to your existing practice?



Answer True or False to the following questions.

- ___ 1. I feel guilty whenever I take a break.
- ___ 2. It's hard for me to concentrate because I try to do too many things at once.
- ___ 3. People sometimes say I should slow down.
- ___ 4. I don't tend to get a lot of exercise.
- ___ 5. It's hard for me to relax because my mind is always busy.
- ___ 6. People sometimes say I worry too much.
- ___ 7. I hold onto grudges for a long time.
- ___ 8. It's hard for me to forgive myself when I make a mistake.
- ___ 9. People sometimes say my standards are too high.

10. Complete this sentence. My mind is like a/an:

- a) endless to-do list.
- b) ping-pong ball, bouncing from thought to thought to thought to thought.
- c) courtroom. I'm constantly judging who's right and who's wrong.

Mindfulness Survey Results

If you answered A to question 10, and you answered True to questions 1-3...

You're wearing yourself down as your mind and your body go, go, go all the time. You would benefit most from Stillness and Staying in the Moment. Here are a couple of practices you might want to try:

1. **Relaxed Breathing:** Lie down or stand up tall. Put your hands right above your belly button. Breathe in through your nose, counting to 10, and feel your belly grow. Breathe out through your nose, counting to ten, and feel your belly contract.
2. **Tense and Let Go:** Lie down on your back, tensing your muscles from your toes to your head, and back down again. Scrunch your toes as tight as you can for 3 seconds, then let them go. Tense your feet for 3 seconds, then let them go. Do this all the way up to your head, and then back down again.

If you answered B to question 10, and you answered True to questions 4-6...

You spend too much time sitting around brooding. You would benefit most from Taking a Mental Break while you get some Physical Exercise. Here are a couple of practices you might want to try:

1. **Counting Sounds:** Turn off all of your electronics. Go for a walk and count all of the different sounds that you hear. It is important not to talk. You'll be surprised how many sounds you notice when you focus on everything else.
2. **Rainbow Walk:** Go for a walk and look for something, red, orange, yellow, green, blue, purple and pink. Keep going through the colors, in order, until the end of the walk. You could take pictures of the images, sketch them, or write about them.

If you answered C to question 10, and you answered True to questions 7-9...

You seem to be pretty hard on yourself and others. You would benefit most from practicing Compassion. Here are a couple of activities you might want to try:

1. **I Wish You Peace:** Sit somewhere quiet and repeat this poem:

I wish for peace.

My "enemy," I wish you peace.

I wish for peace.

Everyone, I wish you peace.

I wish for peace.

I wish for peace.

My friend, I wish you peace.

Peace.

My acquaintance, I wish you peace.

Peace.

2. **Next Time I'll Do Better:** When you do something that you're not proud of, think about how you can avoid doing it again. Think about your answers to as few or as many of these questions:

Something I regret doing or saying:

Why I regret it:

What led up to this incident:

What I learned:

How I could have handled it differently:

What I can do to avoid this type of problem in the future: