A SHORT Mindfulness QUIZ

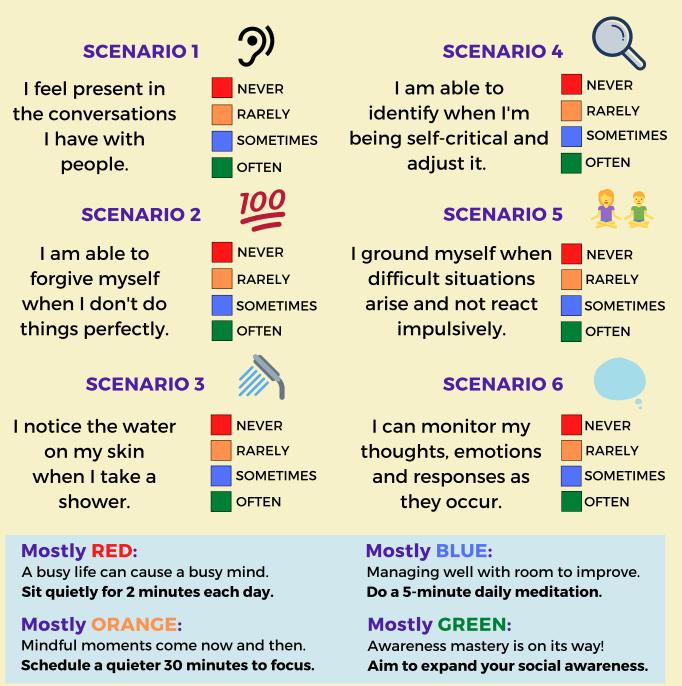
Would you like a life with more natural awareness and less mental clutter?

Let's see how you're doing...



How often do you experience the following?

For each scenario, tick the box that's truest for you in the past week.



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