

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.

SCENARIO 1



I feel present in the conversations I have with people.

- NEVER
- RARELY
- SOMETIMES
- OFTEN

SCENARIO 2



I am able to forgive myself when I don't do things perfectly.

- NEVER
- RARELY
- SOMETIMES
- OFTEN

SCENARIO 3



I notice the water on my skin when I take a shower.

- NEVER
- RARELY
- SOMETIMES
- OFTEN

SCENARIO 4



I am able to identify when I'm being self-critical and adjust it.

- NEVER
- RARELY
- SOMETIMES
- OFTEN

SCENARIO 5



I ground myself when difficult situations arise and not react impulsively.

- NEVER
- RARELY
- SOMETIMES
- OFTEN

SCENARIO 6



I can monitor my thoughts, emotions and responses as they occur.

- NEVER
- RARELY
- SOMETIMES
- OFTEN

Mostly RED:

A busy life can cause a busy mind.
Sit quietly for 2 minutes each day.

Mostly ORANGE:

Mindful moments come now and then.
Schedule a quieter 30 minutes to focus.

Mostly BLUE:

Managing well with room to improve.
Do a 5-minute daily meditation.

Mostly GREEN:

Awareness mastery is on its way!
Aim to expand your social awareness.