

MINDFULNESS ASSESSMENT

This assessment is designed to help you assess your mindfulness and awareness in daily life. Each question should be answered honestly to gain accurate insight into their mindfulness practice. For each question, students can choose on a scale from 1 (Never) to 5 (Always).

1-5: Rate Your Level of Mindfulness

1: I often pay attention to my thoughts and feelings without judging them.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

2: I take time to notice my surroundings (like sounds, smells, and sights) when I'm outside.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

3: I can focus on the task at hand without getting distracted by my phone or other devices.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

4: I find it easy to enjoy simple things, like a meal or a walk.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

5: When I'm feeling stressed, I take a moment to breathe deeply and calm myself.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

6-10: Reflecting on Your Reactions

6: I acknowledge my emotions without trying to push them away.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

7: I notice when I feel overwhelmed and take steps to address it.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

8: I practice gratitude and can list things I'm thankful for regularly.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

9: I can let go of negative thoughts quickly without dwelling on them simple things, like a meal or a walk.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

10: I pay attention to my breath during moments of anxiety or stress.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)



MINDFULNESS ASSESSMENT

11-15: Mindfulness Practices

11: I regularly take time to practice mindfulness or meditation.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

12: I enjoy activities like yoga or tai chi that promote mindfulness.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

13: I try to be present and engaged during conversations with others.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

14: I notice how my body feels in different situations and take a moment to check in with myself.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

15: I listen to my body's needs, like hunger and fatigue, and respond to them.

1 (Never) 2 (Rarely) 3 (Sometimes) 4 (Often) 5 (Always)

Scoring Your Quiz

Add up your scores from all 15 questions.

- **15-40 points:** You may benefit from practicing mindfulness more regularly. Consider trying activities like meditation or yoga.
- **41-70 points:** You practice mindfulness occasionally but can further enhance your awareness and present moment focus.
- **71-100 points:** You have a strong mindfulness practice! Keep up the good work and continue to challenge yourself to stay mindful in various situations.

This assessment is a tool to help you reflect on your mindfulness in daily life. Looking for next steps; share your thoughts with our community on the importance of being mindful and/or consider incorporating more mindfulness practices into their routines.

