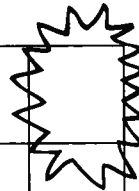


Mindfulness quiz

For each statement below, enter the number from the scale that best corresponds to how often you experience these things.

1 Never	2 Rarely	3 Sometimes	4 Frequently	5 Always
1. When I'm walking somewhere and pass a flower along the way, I stop to smell it.				
2. Tend to worry about the future and/or regret things from the past.				
3. Take time to really savor my food.				
4. Race from one place to the next without noticing what's along the way.				
5. Get caught up in my own thoughts while someone else is speaking.				
6. Notice what happens in my body when I'm stressed (e.g, fast heartbeat, muscle tension).				
7. Can be comfortable just sitting and watching a sunset.				
8. After an argument I carry on thinking of all the things I could have said to prove my point.				
9. Am lost in thought when I could be enjoying a sensory experience, like a kiss.				

10. Get impatient while waiting in line, at a red light, or for public transportation.	
11. Take time to pause and feel grateful for the things I have going for me.	
12. Am hard on myself when I've made a mistake.	
13. Often try to "think myself out of" problems and situations.	
14. Pay attention to sounds like wind blowing through the trees, cars passing by, or rain falling.	
Sum of answers to questions 1, 3, 6, 7, 11, 14 =	
ADD 34 =	
SUBTRACT the sum of answers to questions 2, 4, 5, 8, 9, 10, 12, 13 =	
Total Score =	



Score

0 - 18: Beginner. You may find yourself frequently lost in thought and missing out on the present moment. Keep practicing.

19 - 38: Pretty mindful. You may have regular mindful moments when you are being present with whatever you encounter. Keep practicing.

39 - 56: Almost enlightened. Keep practicing.