



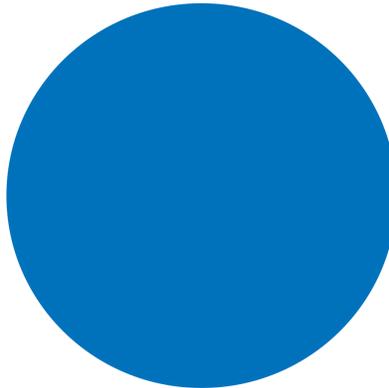
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# Mindfulness Worksheet

1. When was the last time you "single-tasked", completely focusing on one task at one time?

2. Draw a pie graph to describe your ratio of thinking, noting percentages of time spent on thoughts of past, thoughts of present, thoughts of future.



\_\_\_\_\_ % PAST

\_\_\_\_\_ % PRESENT

\_\_\_\_\_ % FUTURE

3. What brings you fully into the present moment in life or work? Generally, this is an activity where you find "flow", a state in which you lose track of time, fully immersed in your present activity.

4. How often are you labeling, judging, or categorizing life's occurrences?

\_\_\_\_\_ % of the time

5. Do you believe in the following expression? "No pain, no gain."

Yes / No / Sometimes

6. How comfortable are you processing negative emotions, such as sadness, anger, fear, guilt, and anxious? *I not comfortable at all, 10 being very comfortable*

\_\_\_\_\_

7. How comfortable are you with positive emotions such as happiness, gratitude, joy, security, and pride? *I not comfortable at all, 10 very comfortable*

\_\_\_\_\_

8. You stop to take in the sights and sounds around you. Yes / No / Sometimes

9. When you eat lunch, you usually eat at your desk. Yes / No / Sometimes

10. You eat while doing other things. Yes / No / Sometimes

11. When was the last time you felt a sense of awe or wonder? Describe.

12. You notice endings and beginnings. Yes/ No/ Sometimes

13. If yes or sometimes, think of a few examples of when you notice endings and beginnings and note them here.

14. What do you need to let go of? (literally or figuratively)

15. Do you meditate? Sometimes / Frequently / Never

For more mindfulness assessments visit:  
<https://hbr.org/2017/03/assessment-how-mindful-are-you>  
[https://greatergood.berkeley.edu/quizzes/take\\_quiz/mindfulness](https://greatergood.berkeley.edu/quizzes/take_quiz/mindfulness)



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