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| 1. **NAME** of the resource / tool
 | **“How Mindful Are You?” Quiz** |
| 1. **WHAT** is the purpose of the resource / tool?
 | Try this 5-minute self-assessment to explore how mindful you are.  |
| 1. **WHO** developed the resource / tool? (If it was adapted from an existing document, please include a citation for the original source.)
 | Adapted from: Walach, H., Buchheld, N., Buttenmüller, V., Kleinknecht, N., and Schmidt, S. (2006). Measuring mindfulness— the Freiburg Mindfulness Inventory (FMI), Personality and Individual Differences, 40:1543–1555 14 scale Freiburg Mindfulness Inventory (FMI) © by Walach, Buchheld, Grossman & Schmidt.Source: http://www.charlenerichardrsw.com/wp-content/uploads/2015/10/Mindfulness-Self-Assessment.pdf |
| 1. **HOW** should the resource / tool be used?
2. *What circumstances are ideal/appropriate?*
3. *By whom and when?*
4. *Is a particular skill set or special preparation needed?*
 | As a reference for:* Exploring leadership styles, group communication and relationship dynamics, and conflict resolution styles.
* Assessing how to become more mindful (as part of leadership development training, individual coaching or independent reflection)
 |
| 1. **WHY** is this resource being recommended? (What makes is especially effective or useful for community-based work?)
 | * Self awareness about how you interpret or react to different circumstances is essential to:
* Thoughtful decision making
* Avoiding unnecessary conflict
* Transforming potential or existing conflict into a productive conversation that leads to a deeper relationship, because you come from a more understanding and accountable place.
 |

**HOW MINDFUL ARE YOU?**

Try this 5 minute self-assessment to see how mindful you are.

*Think about the last seven days as you reflect on these experiences. Put the first answer you feel describes you.*

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| --- | --- | --- | --- | --- |
|  | Rarely | Occasionally | Fairly Often | Almost Always |
| 1. I am open to the experience of the present moment.  | 1 | 2 | 3 | 4 |
| 2. I sense my body, whether eating, cooking, cleaning or talking.  | 1 | 2 | 3 | 4 |
| 3. When I notice an absence of mind, I gently return to the experience of the here and now.  | 1 | 2 | 3 | 4 |
| 4. I am able to appreciate myself.  | 1 | 2 | 3 | 4 |
| 5. I pay attention to what’s behind my actions.  | 1 | 2 | 3 | 4 |
| 6. I see my mistakes and difficulties without judging them.  | 1 | 2 | 3 | 4 |
| 7. I feel connected to my experience in the here-and-now.  | 1 | 2 | 3 | 4 |
| 8. I accept unpleasant experiences.  | 1 | 2 | 3 | 4 |
| 9. I am friendly to myself when things go wrong.  | 1 | 2 | 3 | 4 |
| 10. I watch my feelings without getting lost in them.  | 1 | 2 | 3 | 4 |
| 11. In difficult situations, I can pause without immediately reacting.  | 1 | 2 | 3 | 4 |
| 12. I experience moments of inner peace and ease, even when things get hectic and stressful.  | 1 | 2 | 3 | 4 |
| 13. I am patient with myself and with others.  | 1 | 2 | 3 | 4 |
| 14. I am able to smile when I notice how I sometimes make life difficult.  | 1 | 2 | 3 | 4 |
|  |  |

*The higher your score, the more mindful you are!*

Source

Walach, H., Buchheld, N., Buttenmüller, V., Kleinknecht, N., and Schmidt, S. (2006). *Measuring mindfulness— the Freiburg Mindfulness Inventory (FMI), Personality and Individual Differences*, 40:1543–1555

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