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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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