

How Mindful Are You?

Ever wonder how mindful you are?

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.*

	<i>Rarely</i>	<i>Occas- sionally</i>	<i>Fairly Often</i>	<i>Almost Always</i>
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
Summary Score				

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

14 scale Freiburg Mindfulness Inventory (FMI) © by Walach, Buchheld, Grossman & Schmidt.