

# MINDFULNESS SELF-EVALUATION

As you complete this course in mindfulness, perform a follow-up self-evaluation to discover where you are now.

Give yourself a score of 1 to 4 with 1=rarely | 2=occasionally | 3=often | 4=almost always

		Score
1	I am open to the experience of the present moment	
2	I sense my body, whether eating, cooking, cleaning or talking	
3	When I notice an absence of mind, I gently return to the experience of the here and now	
4	I am able to appreciate myself	
5	I pay attention to what's behind my actions	
6	I see my mistakes and difficulties without judging myself	
7	I feel present and connected to my experience in the here-and-now	
8	I accept unpleasant experiences	
9	I am friendly to myself when things go wrong	
10	I observe my feelings without getting lost in them	
11	In difficult situations, I can pause without immediately reacting	
12	I experience moments of inner peace and calm, even when things get hectic and stressful	
13	I am patient with myself and with others	
14	I am able to smile when I notice how I sometimes make life difficult	
15	When a client complains, I get present and get curious, grateful for their openness	
16	I feel confident that I can handle big negative emotions	
17	I sleep well and awake refreshed	
18	I can manage and resist urges confidently	
19	I savour small pleasures: scents, tastes, texture in my day	
20	I have a sense of self and authenticity in my being	

Score: \_\_\_\_\_

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.