

# Mindfulness Self Assessment Worksheet

For each statement, ask yourself which response best describes your experience. Repeat this self assessment after two months without looking at your previous responses.

**Date:** \_\_\_\_\_

This statement describes my experience....	Rarely	Sometimes	Fairly Often	Very Often
I'm good at finding words to describe my feelings.				
I criticize myself for having irrational or inappropriate emotions.				
I watch my feelings without getting carried away by them.				
I pay attention to physical experiences, such as the wind in my hair or the sun on my face.				
I make judgments about whether my thoughts are good or bad.				
I find it difficult to stay focused on what's happening in the present moment.				
When I feel something in my body, it's hard for me to find the right words to describe it.				
I do jobs or tasks automatically without being aware of what I'm doing.				
I'm impatient with myself and with others.				
I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.				
I rush through activities without being really attentive to them.				
I pay attention to what's behind my actions.				
I see my mistakes and difficulties without judging them.				
I'm friendly to myself when things go wrong.				
In difficult situations, I can pause without immediately reacting.				
I experience moments of inner peace and ease, even when life seems stressful.				