**QUESTIONS**

**1. When brushing my teeth in the morning, I pay attention to the feel of the bristles against my teeth and gums, and the taste in my mouth:**

A.*Often  
B*.*Sometimes  
C. Rarely  
D. Never*

**2. I set aside time each day to sit quietly and meditate:**

A.*Often  
B*.*Sometimes  
C. Rarely  
D. Never*

**3. Getting to work, I experience each step I take, noticing the ground, my feet, my legs and the feeling of the air against my skin:**

A.*Often  
B*.*Sometimes  
C. Rarely  
D. Never*

**4. During the day, I am conscious of my thoughts as they arise. I notice when a thought has taken me for a ride (or has begun to run me in circles) and choose to place my attention elsewhere:**

A.*Often  
B*.*Sometimes  
C. Rarely  
D. Never*

**5. When I’m working, I can sustain and focus my attention and am able to think creatively and clearly, without being seduced by the lure of Instagram or emails:**

A.*Often  
B*.*Sometimes  
C. Rarely  
D. Never*

**6. I am able to listen attentively to others without the loudness of my own thoughts clamouring to be heard:**

A.*Often  
B*.*Sometimes  
C. Rarely  
D. Never*

**7. I am aware of the sensations in my body when difficult feelings arise. I use my breath to help anchor me and allow myself to notice whatever is present:**

A.*Often  
B*.*Sometimes  
C. Rarely  
D. Never*

**8. When I eat, I appreciate the flavours and textures of the food. I recognise that what I am eating has grown beneath the sun, and been harvested and prepared prior to reaching the table:**

A.*Often  
B*.*Sometimes  
C. Rarely  
D. Never*