



# Personalized Mindfulness Questionnaire

## Take a Brief Self-Inventory

For each of the statements below, choose a number between 0 and 2 to rate how it describes you:

- 0 – The statement does not describe me
- 1 – The statement somewhat describes me
- 2 – The statement thoroughly describes me



### Verbal/Linguistic Skills

- I enjoy English grammar and/or literature
- I enjoy playing crosswords and other word games
- I tend to remember things exactly as they are said
- I enjoy journaling, writing stories, articles, and/or blogs
- I enjoy puns and/or riddles

*Verbal/Linguistic Score:*

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### Logical/Mathematical Skills

- I enjoy using formulas or procedures to obtain outcomes
- I love working with numbers
- I work best in a highly structured and organized environment
- I enjoy playing brainteasers and logic puzzles
- I quickly grasp cause and effect relationships

*Logical/Mathematical Score:*

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### Visual/Spatial Skills

- I enjoy creating visual artforms
- I understand color combinations and what colors work well together
- I am inclined to learn by using pictures and/or diagrams
- I have a great sense of direction
- I seem to intuitively remember how certain people and things move

*Visual/Spatial Score:*

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### Interpersonal Skills

- I would enjoy being a counselor
- I am effective at helping others resolve conflicts
- I enjoy collaborating on projects
- I can intuitively and accurately sense the moods/feelings of others
- I recharge best in social situations

*Interpersonal Score:*

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### **Musical/Auditory**

Listening to music is one of my top three favorite things in life

I am inclined to learn by using catchy songs and/or rhymes

I can easily discern different instruments when I listen to pieces of music

I can hear sounds that others easily miss

I can easily remember pieces of music

*Musical/Auditory Score:*

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### **Naturalistic Skills**

Immersing myself in nature is one of my top three favorite things in life

I notice similarities and differences in trees, flowers, and other aspects of nature

I feel strongly about protecting the environment

I truly enjoy learning about nature

I love working with plants and animals

*Naturalistic Score:*

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### **Body/Kinesthetic Skills**

I move, tap, and/or fidget when sitting

I enjoy participating in active sports

I enjoy building things with others

I understand best by moving and interacting with things

I love to dance (whether or not I am good at it is another story)

*Body/Kinesthetic Score:*

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### **Intrapersonal Skills**

I recharge best in solitude

I have a few close friends

I am not easily influenced by other people

I have a good understanding of my feelings and how I will react to situations

I enjoy working on my own

*Intrapersonal Score:*

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## **Look for a Main Pattern**

- Add up the scores for each of the above sections.
- Identify the top three sections on which you scored highest.
- On the next page, find your top three sections. For each, there is a list of recommended mindfulness exercises based on your specific learning styles/interests. Circle those that most interest you.
- These exercises are merely suggestions so feel free to customize and combine them with others in ways that work best for you.
- *Remember, the mindful approach in which you engage any activity is far more important than its content.*

# Choose Your Own Paths to Mindfulness

## Verbal/Linguistic Mindfulness Practices

- Allow words to bring you back to the present whenever you encounter them
- Play Scrabble, Boggle, and other word games
- Journal/blog about what you observe in the present moment
- Read about mindfulness. Start with Jon Kabat-Zinn's *Full Catastrophe Living*
- Take an improv class
- Create word collages
- Custom approach: \_\_\_\_\_



## Logical/Mathematical Mindfulness Practices

- Immerse yourself in games with logic puzzles like *Myst* and *The Talos Principle*
- Categorize and assemble a collection
- Allow numbers to bring you back to the present whenever you encounter them
- Build a model
- Play number games like Sudoku
- Create computer programs
- Read books like *Flatland* by Edwin Abbott
- Custom approach: \_\_\_\_\_



## Visual/Spatial Mindfulness Practices

- Undertake visual exercises like those in Belleruth Naparstek's *Staying Well With Guided Imagery*
- Draw, paint, color, sculpt, craft, scrapbook, and/or assemble jigsaw puzzles
- Allow patterns/images to bring you back to the present whenever you encounter them
- Create murals, models, mosaics, stained glass art, collages, videos, posters, and/or t-shirts
- Play *Sim City* and/or engage in design software
- Create a treasure map activity
- Custom approach: \_\_\_\_\_



## Interpersonal Mindfulness Practices

- Organize, and participate in, group activities for you and your friends
- Make a deliberate attempt to not multitask when you talk to others, especially while you are speaking to them on the phone
- Undertake any of the other suggested mindfulness practices you most resonate with (even if they are from other sections) in a social environment
- Allow the sight of human interaction to bring you back to the present whenever you encounter it
- Read books like *Difficult Conversations* by Doug Stone
- Try collaborative games like *Escape Room*
- Participate in mentoring programs
- Custom approach: \_\_\_\_\_



### **Musical/Auditory Mindfulness Practices**

- Create rhymes, songs, and/or musical productions
- Allow sounds and/or music to bring you back to the present whenever you encounter them
- Create and listen to a playlist that promotes mindfulness (one song on it can be “Baby Come Back”)
- Sing when possible
- Learn/play an instrument you enjoy
- Draw/sculpt/paint/write about a piece of music
- Read/watch books and films like *The Soloist* and *August Rush*
- Focus on one specific instrument for the duration of a song
- Custom approach: \_\_\_\_\_



### **Naturalistic Mindfulness Practices**

- Nurture a pet
- Take a walk outside and focus on one sensory stimulus that relates to the natural environment (such as the sensation of wind)
- Garden
- Engage in community anti-pollution, recycling, and other such programs
- Intersect nature with your social activities
- Use a telescope to observe the night sky
- Read literature about nature and the environment like *My Family and Other Animals* by Gerald Durrell
- Custom approach: \_\_\_\_\_



### **Body/Kinesthetic Mindfulness Practices**

- Allow the movement of your body to bring you back to the present throughout daily life
- Engage in body scan exercises, charades, gym work outs, dancing, sports, model-building, fixing/taking apart machines, theater, tai chi/yoga exercises, knitting, and/or crocheting
- Read action-packed stories like *The Hobbit* by J.R.R. Tolkien
- Create physical experiments that intersect with your interests such as flash mobs
- Play/learn instruments that require movement, such as the drums
- Custom approach: \_\_\_\_\_



### **Intrapersonal Mindfulness Practices**

- Create a family tree
- Journal/blog about your thoughts and/or feelings in the present moment
- Undertake any of the other suggested mindfulness practices you most resonate with (even if they are from other sections) in a solitary environment
- Create artistic projects based on self-reflection
- Keep records of your activities through scrapbooks, journals, and/or photo albums
- Play solitaire and other single-player games
- Read/watch autobiographies
- Custom approach: \_\_\_\_\_

