

# 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:	
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:	



### 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:*



### 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:



#### 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:* 



#### **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:* 



### 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:* 



### 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:

# 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 Sudoko
- 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

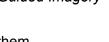
- Organize, and participate in, group activities for you and your friends
- Make a deliberate attempt to not multitask when you talk to others, especially while you are speaking to them on the phone
- Undertake any of the other suggested mindfulness practices you most resonate with (even if they are 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:







