

How Mindful Are We at Work?

Based on your personal experiences, and from your own point of view, circle a number for each of the following 11 statements. Please give brief real-life descriptions/examples if you can. You can ask other colleagues to complete this too. It might be useful to get their perspectives and talk it over with them.

Typically, the way I see the way we are at work.....

1. We react impatiently with each other and rush through each moment to get to other 'better' ones.

We're impatient with each other and we rush through each moment to get to other 'better' ones 1 2 3 4 5 6 7 8 9 10 *We're patient with each other and happy to stay in the moment*

A real-life example of this was when.....

2. We're fixed and set in our ways of seeing and doing things.

We're fixed and set in our ways of seeing and doing things 1 2 3 4 5 6 7 8 9 10 *We're open to try new ways of seeing and doing things*

A real-life example of this was when.....

3. We lack trust in each other at work—we don't trust our own intuition, feelings or authority.

We're not trusting of ourselves and each other 1 2 3 4 5 6 7 8 9 10 *We're trusting of ourselves and each other*

A real-life example of this was when.....

4. At work, we strive really hard to achieve success.

We strive really hard to achieve success 1 2 3 4 5 6 7 8 9 10 *We notice and let go of this need to strive really hard to achieve success*

A real-life example of this was when.....

5. At work, we find it hard to accept things just as they are—good or not so good.

We find it hard to accept things just as they are 1 2 3 4 5 6 7 8 9 10 *We accept things just as they are*

A real-life example of this was when.....

6. At work, we cling to or reject thoughts and feelings about what's happening.

We cling to or reject thoughts and feelings about what's happening 1 2 3 4 5 6 7 8 9 10 *We let go of thoughts and feelings about what's happening*

A real-life example of this was when.....

7. According to our own likes, dislikes and standards, we're quick to judge each other, and things that are happening at work.

We're judgemental about ourselves and each other 1 2 3 4 5 6 7 8 9 10

We notice and let go of our judgements about ourselves and each other

A real-life example of this was when.....

And finally, these last 4 statements are about you as an individual at work.....

8. When work gets stressful, I notice my breathing and I let go of stress or tension on the out-breath.

When work gets stressful, I don't notice my breathing or let go of stress or tension on the out-breath 1 2 3 4 5 6 7 8 9 10

When work gets stressful, I notice my breathing and let go of stress or tension on the out-breath

A real-life example of this was when.....

9. At work, I notice sensations in my body and I kindly explore and let them settle so that I can be relaxed and at ease with myself and others.

At work, I don't notice the sensations in my body 1 2 3 4 5 6 7 8 9 10

At work, I notice and let go of the sensations in my body

A real-life example of this was when.....

10. At work, I notice feelings about my 'Self'—positive, negative or neutral—and I can see how they affect how I am.

At work I don't notice the positive, negative or neutral feelings I have about my 'Self' 1 2 3 4 5 6 7 8 9 10

At work I notice and let go of the positive, negative or neutral feelings I have about my 'Self'

A real-life example of this was when.....

11. At work, I notice and can offer compassion, kindness and forgiveness to myself and others.

At work, I don't notice the need for compassion, kindness and forgiveness to myself and others 1 2 3 4 5 6 7 8 9 10

At work, I notice and offer compassion, kindness and forgiveness to myself and others

A real-life example of this was when.....

Just to finish off, reflecting on what you've learned so far from this questionnaire today about being Mindful in your Life at Work, what thoughts and/or questions are you left with?