

# 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?*