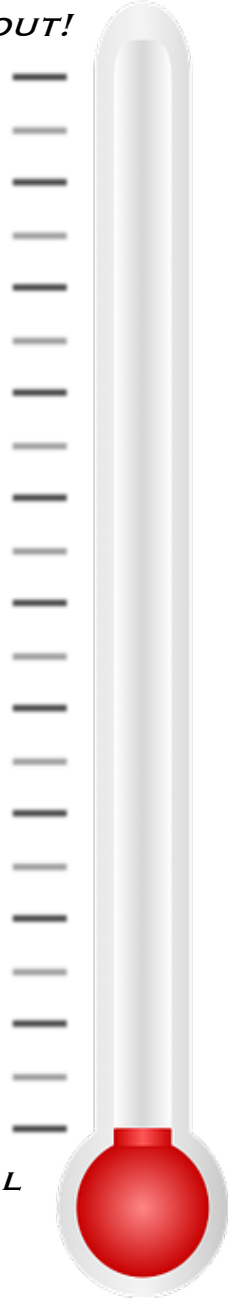


Weekly Mindful Reflection

Take a moment to think about this past week as you reflect on the following mindfulness skills.

**STRESSED
OUT!**



CHILL

Stress Reduction – Overall, what was your stress level?

(Color in the thermometer to show your answer to this question.)

Focused Attention – How focused were you?

Spaced out

Laser-focused

1 2 3 4 5 6 7 8 9 10

Empathy – How understanding were you of others’ experiences and feelings?

Intolerant

Empathetic

1 2 3 4 5 6 7 8 9 10

Resilience – How willing were you to persevere and/or try again in the face of difficulty?

Reluctant

Determined

1 2 3 4 5 6 7 8 9 10

Self-Compassion – How much kindness and understanding did you show yourself?

Not much

All the love

1 2 3 4 5 6 7 8 9 10

Contentment – How much joy did you experience?

Just a little							Abundant joy		
1	2	3	4	5	6	7	8	9	10

Open-Mindedness – How attuned to the present moment did you find yourself?

Tuned out							Tuned in		
1	2	3	4	5	6	7	8	9	10

Emotional Self-Regulation – How emotionally balanced did you feel?

Tornado							Walk in the park		
1	2	3	4	5	6	7	8	9	10

Metacognition – How able were you to observe your thoughts and feelings without judgment?

Aloof							Observant		
1	2	3	4	5	6	7	8	9	10

Cognitive Flexibility – How did you respond to challenging and/or unexpected situations?

Stuck in the sand							Surfed the waves		
1	2	3	4	5	6	7	8	9	10

Executive Functioning – How effectively did you manage and accomplish your goals?

Scattered							Steady		
1	2	3	4	5	6	7	8	9	10