



Find Your Mindfulness Style: A Quick Assessment to Calm, Focus, and Restore

Purpose: Quickly identify your current mindfulness tendencies and one clear practice to build steady presence, reduce reactivity, and increase clarity.

How to use: Answer each question honestly with **Yes** / **Sometimes** / **No**. Tally scores (**Yes = 2**, **Sometimes = 1**, **No = 0**). Total possible score = **20**. This quiz is a self-reflection tool, not a diagnosis; use results to choose one manageable next step to try for three weeks.

Questions

1. I notice when my mind drifts and can gently bring attention back to the present.
 2. I have a regular short practice (1–10 minutes) I use more than twice a week.
 3. When stressed, I use a simple breathing or grounding technique to settle.
 4. I can observe my thoughts without immediately acting on them.
 5. I intentionally pause before responding in emotionally charged moments.
 6. I use senses (sight, sound, touch) to anchor myself during busy days.
 7. I keep a short, nonjudgmental check-in habit (body scan, mood note, or breath check).
 8. I accept difficult emotions without trying to push them away right away.
 9. I bring mindful attention to everyday tasks (eating, walking, washing dishes).
 10. I reflect briefly on what I learned from a difficult moment instead of ruminating.
-

Scoring Guide

- Add your points (**Yes = 2**, **Sometimes = 1**, **No = 0**).
 - **0–7 = Mindfulness Starter**
 - **8–13 = Mindful Practitioner**
 - **14–20 = Mindful Integrator**
-



Result Summaries and Next Steps

Mindfulness Starter (0–7). You recognize the value of presence but lack regular habits; start extremely small to avoid overwhelm. Pick one 60-second anchor (breath or senses) and practice it twice daily; add a single daily pause before a common reactive moment (phone, email, or conversation).

Mindful Practitioner (8–13). You practice sometimes and have useful tools; increase consistency and extend practice length gradually. Commit to a 3-week habit: a 5-minute guided body scan or breath practice each morning and one mindful routine (mindful eating or walking) three times a week.

Mindful Integrator (14–20). Mindfulness shows up across tasks and stress moments; deepen integration and teach others. Try a short daily reflective practice (5 minutes) focused on learning from emotions and experiment with a brief loving-kindness practice twice weekly to enhance compassion.

Three Micro-Practices to Start Today

- Values Pause (60 seconds): Hands on knees or heart, three slow breaths, name one intention for the next hour.
 - Grounding 3-2-1 (90 seconds): Name 3 things you see, 2 things you hear, 1 thing you feel physically.
 - Micro-Body Scan (3 minutes): Head to toes notice—soften jaw, relax shoulders, breathe into belly—no need to change anything.
-

Quick Reflection Prompts (3–5 minutes)

- What distracted me most today and what would one small shift look like next time?
 - When did I feel most present this week and what supported that moment?
 - What is one tiny practice I can commit to for the next three weeks?
-

This quiz is for educational and self-reflective purposes only.