

How Mindful are You?

Mindfulness is an active state of mind when you engage in activities that are stimulating, fun, novel, and challenging. It is experienced when a sense of spirit fills you up with joy and wonderment or deep connectedness. It is a way to live without being on autopilot. Living on autopilot means to do something without focusing on it or thinking about what is actually happening.

Many people live their lives doing the same things over and over regardless of the results they receive. When this occurs, people lack awareness of what is occurring in their lives, and they operate from habit.

Respond to the questions below by journaling about your day yesterday to see how mindful you are.

What time did you wake up in the morning?

What did you eat for breakfast?

What did you eat for lunch?

What did you eat for dinner?

What snacks did you have throughout the day?

Who did you see throughout the day and what did you talk about?

What was your most pleasant moment of the day and how did you feel?

What was your most stressful moment and how did you feel?

Who was kind to you? Explain.

To whom were you kind? Explain.

How did your day end?

What time did you go to sleep?

The more you remember about your day, the more mindful you tend to be. On a separate sheet of paper, or in your journal pick one or two items and expand your reflections in detail.