

Individual Mindful Growth Assessments

Self Worth

1. I believe that my worth is equal to everybody else's worth in the world.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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2. I know what respectful behavior looks like in various situations, and I could write a list of those behaviors.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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3. If somebody behaves in what I think is a disrespectful manner towards me, I tell them what kind of behavior I would prefer.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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4. I bring as much value to this world as every other human being does.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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5. I love who I am all the time, unconditionally.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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6. This world benefits from me and my contributions.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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7. I make good decisions.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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8. My feelings of self-worth remain stable, regardless of what kind of feedback I get.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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Self Care

1. I know what my unique **physical** needs are.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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2. I take good care of my physical needs.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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3. I know what my unique **mental health** needs are.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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4. I take good care of my mental health needs.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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5. I know what my unique **spiritual** needs are.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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6. I take good care of my unique **spiritual** needs.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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7. I spend time with people who are additive to my life and wellbeing.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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8. I take care of my own needs before I address other people's wants.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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9. If I am struggling with uncomfortable emotions, I avoid over-consuming (food, alcohol, drugs, shopping) to make myself feel better.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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10. I take time to play and have fun.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	6 - Totally
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11. I take time to be creative outside of school or work.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	7 - Totally
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12. When I need to, I take time off from work, school, or other regular obligations for self-care when I feel physically, mentally, or emotionally unbalanced.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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13. I take time for myself to recharge when I need it.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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14. I avoid to "pushing through" activities, especially if I feel bad (physically or emotionally) or know I will feel bad later.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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15. I don't allow other people's requests to affect "me time" and time off from work or school.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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16. I am up to date with appointments for my physical health (dentist, primary care doctor, etc.).

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	8 - Totally
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17. If I am experiencing chronic mental or physical pain, I see an appropriate specialist to get help.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	9 - Totally
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18. I connect with others in meaningful ways that are additive to my life.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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19. My living and transportation spaces are clean and organized.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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Mindfulness

1. I complete chores, tasks and projects in a timely manner.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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2. I have a consistent method of prioritizing my tasks.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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3. Wherever I am and whatever I'm doing, I stay present and engaged.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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4. I experience the present more than I spend time thinking about the future or the past.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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5. I objectively notice my thoughts as I am thinking them.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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6. I avoid getting sucked into negative thinking patterns and worrying.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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7. I think about what I *do* like more than what I *don't* like (about me, other people, or my environment).

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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8. If my thoughts are not supportive (to myself or others), I redirect myself.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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9. I can tell the difference between my thoughts and feelings.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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10. I notice how my thoughts directly influence my feelings.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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11. I can identify my feelings using specific emotion words.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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12. When I feel uncomfortable emotions, I can pinpoint the associated physical sensations in my body.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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13. My feelings and emotions are valuable and valid.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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14. I tend to take on other people's emotions, especially uncomfortable ones.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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15. If I see that somebody is feeling hurt, I feel compassion for them.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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16. I express my uncomfortable feelings openly, directly, and calmly.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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17. I can tolerate other people's strong emotions.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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Principles

1. I have a clear and consistent set of values and principles that I could write down or explain.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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2. My behavior reflects my values and principles.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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3. I follow my own advice and suggestions to others.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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4. I am willing to try things a different way if it could more effectively support my goals.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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5. If I make a mistake, I let the appropriate people know ASAP and I work on fixing it.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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6. My behavior reflects what I'm trying to achieve, not what I'm trying to avoid.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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7. I can differentiate between my needs and wants and the needs of others.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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Change & Growth

1. If I need more information to do a task or project, I ask for it.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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2. If I don't know how to do something, I ask for help.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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3. I ask for honest feedback about my behavior from the people I spend the most time with.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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4. I adjust my behavior based on feedback from the people I spend the most time with.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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5. If I make a decision or behave in a way that produces negative consequences, I make amends (apology + behavior change) as soon as possible.

1 – Not at all	2 – A Little	3 - Somewhat	4 – Mostly	5 - Totally
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