

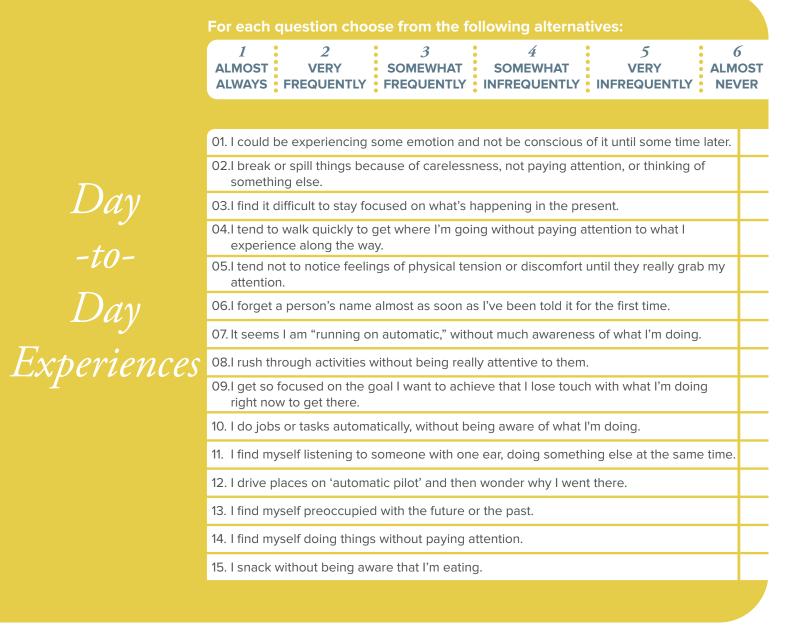
How Aware Are You?



The mindful attention awareness scale is a peer reviewed tool that helps to measure the personal attribute of mindfulness. Mindfulness is being able to be aware and attentive in a particular moment or experience. People who score higher in the trait of mindfulness (higher dispositional mindfulness) tend to have higher self esteem, optimism and self actualisation. Importantly you can learn to be more mindful. Find out more at www.miaonline.co

INSTRUCTIONS:

Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every other item.



MAAS Scoring

My total score is _____.

Higher scores reflect higher levels of dispositional mindfulness.

