



mindful innovative actions

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**

