Session 11: Mindful Attention Awareness Scale

**Scoring information:**

Workout a mean of the 15 items - Add all your scores together and divide by 15.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | Mean Score |
|  |  |  |  |  |  |  |  |

Higher scores reflect higher levels of mindfulness.

**How can mindfulness help you?**

**Which mindfulness techniques / activities are you going to try?**