



Mindfulness
— PRACTITIONER —



- MINDFULNESS -

LIVING
ASSESSMENT
LIVING

Prepared For -

Test Report

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- Definition of Mindfulness -

Mindfulness is a psychological and spiritual process of evolving and growing the awareness of body, mind, and spirit with observing, questioning, and reflecting the core of the practice. These enable a person to live in the moment, gain accountability, emotional sensitivity, and build effective communication with self, others, and the environment. It's about developing the ability to detach self from fantasies and unconscious patterns, or beliefs picked up that serve no purpose. Mindfulness works to create balance and equanimity within.

Mindfulness is about bringing the focus to your current state of mind and being completely aware of the internal balance. This is a practice that involves bringing your attention to your own experiences, emotions, thoughts, and sensations in the present moment. Put simply, the more you train your mind to pay attention to what you are experiencing, as you experience it, the faster you will learn to turn the attention away from thoughts that serve no purpose. The concept focuses on becoming aware of one's perception of oneself and making changes where needed. This moment-to-moment awareness brings about a deep realization of one's own reactions and responses to the external world. You learn to measure your responses and act in accordance with them. A daily practice of Mindfulness is about being aware of the space we are in and how we are moving through it. It is a quality that every human being possesses inherently and Mindfulness is a firm reminder to access the same.

Staying in the present moment leads to many positive outcomes such as always being aware of one's strengths and weaknesses, taking responsibility for one's own decisions and actions. A person who is present in the current moment is able to suspend judgment and biases while working from a space of unconditional positive regard. One is drawn into a connection with their own mind where all distractions disappear along with judgment. Focused thought in the moment enables an individual to build accountability for their actions and measure the impact of the same. How we perceive and see ourselves in light of our external environment enables us to lead a completely fulfilling, peaceful, stress-free, and purpose-driven life. Mindfulness inculcates self-awareness, accountability, emotional sensitivity, and excellent communication skills while empowering people to live in the "Now".

Self-Awareness



Definition-

Paying attention to present thoughts, emotions, actions, and needs, while being mindful about one's strengths and weaknesses. An individual is able to differentiate unconscious patterns through a conscious growing awareness.

Benefits-

An individual who can reflect on their capabilities enables himself to build skills by recognizing what they do well. Being self-aware enables one to match their ideas and thoughts with their actions thereby creating happiness for themselves. Self-aware individuals are able to understand how they are perceived and make effective leaders. It enables people to pursue their passions in life with focus through mindful actions. By focussing on their strengths, self-aware individuals reduce stress in areas they may struggle with by simply being mindful about themselves. The consciousness levels increase to move away from unconscious and unwanted behavior patterns.

Accountability

Definition-

The ability of an individual to evaluate and own his/her decision, behaviours, and actions, and also account others for their own decisions, behaviour, and actions.

Benefits-

An individual learns to be accountable and responsible for the self in terms of decisions and actions. Once an individual feels accountable and responsible for their decisions, things get accomplished smoothly. Accountability thus accelerates performance to move mindfully in the direction desired. Accountability enables an individual to reflect on their decisions and actions thereby overcoming any obstacles along the way. By relooking at the ways to achieve goals, they can understand what is within their control and thereby address issues early on in the process. It creates focus and engagement, as well as validates an individual's thoughts and ideas.



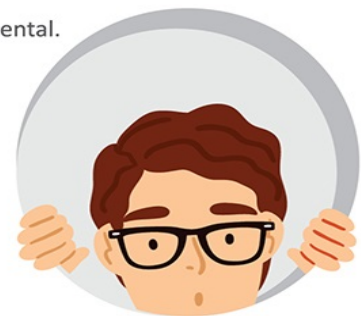
Emotional Sensitivity

Definition-

Mindful emotional sensitivity defines an individual's ability to acknowledge, interpret, and express emotions functionally with respect to self and others and display a deeper level of empathy.

Benefits-

Emotional sensitivity is a great quality to have to be compassionate and non-judgemental. It displays increased empathy in the individual. Such individuals have inherent and intuitive nurturing skills which make everyone around them feel comfortable, welcome and attended to. One can appreciate the small gestures thereby building long-lasting relationships in a lifetime. Individuals with this quality create an environment of comfort for their friends, family, and colleagues. It helps handle challenging situations and conflicting scenarios with ease. During conflicts, the presence of emotional sensitivity defuses the tension and turns out to be a beneficial solution for all.



Mindful Communication

Definition -

Exchange of information about self to self, and with others. This includes the interactions influenced by culture, beliefs, family values, emotions and interpretations, and those ingrained by parents or parental figures. Creating a systematic communication pattern to live one's story.



Benefits -

Mindful communication enables an individual to listen effectively without distraction. It helps an individual be a non-judgmental listener while retaining the focus on the main topic of discussion. An individual respects everyone's perspective with equal space for their own opinions. This is an attractive behavior trait for the corporate world. Transparency and objectivity are the by-products of a mindful communicator. Mindful communication enables an individual to be actively present in conflicting situations while addressing them without bias.

Living in the present

Definition -

Living in the present mindfully is about higher self-awareness, awareness of others, and the environment as it is in the present moment. An individual is devoid of preconceived notions and judgments while viewing events objectively in every situation. A person is fully aware about the "Now" with complete accountability to self, and decisions taken.



Benefits -

The awareness of being in the present moment leads to detachment from the habits of worrying or fearing the unknown with increased gratitude for the present moment. An individual receives clarity in thinking with awareness towards the problem-areas by using a solution-oriented mindset. Stress, anxiety, and tension thus reduce to bring the individual to a space of contentment and calm. An individual carries out pleasant interactions with others with an improved disposition towards life. Studies indicate that living in the present moment also reduces physical pain and releases the body of stressors creating greater peace and tranquility within.



Score - Low

MINDFUL LIVING TENDENCY

You may switch the gear from being mindful in certain moments while displaying an auto-pilot mode for other situations in life. You are often effective at managing your work and are known for timely completion of tasks. But, you may not always pay too much attention to the task at hand. When your mind wanders to another task or thought, you can deepen your mindfulness practice by bringing it back to the current state. You may also display difficulty to be mindful in challenging times. You may struggle with thoughts or words to gauge the emotional state of others. It's recommended to observe your emotions in challenging situations to practice being aware at all times. You may need to journal areas of difficulty by observing the scales of this assessment and get a better understanding of your internal mechanisms that elevates your level of mindfulness.



Score - Low

SELF AWARENESS

Individuals with a low score may experience difficulty in gauging the changes in their mood and identifying when their thoughts are out of sync with their actions. At times you may be unable to realise that your thoughts and emotions are not aligned to create results you desire. You may find that you become increasingly tough on yourself.

Improvements-

You display low self awareness and need to focus on increasing awareness of your emotions while identifying the triggers. The next stages would be to monitor them and enable self to create a way of utilising emotions appropriately.



Score - Low

ACCOUNTABILITY

Individuals with a low score may find it difficult to identify the negative consequences of their actions. In the bargain, you may not take accountability for the same thus causing a few difficulties for yourself and others. You may have a tendency to put the blame on circumstances, people, or external factors if your mistakes are brought to the forefront.

Improvements-

You may need to focus on understanding the importance of being accountable for your actions and the negative consequences of not doing so. Once there is realisation of the same, the next steps can be addressed. Discussing the importance and benefits of accountability with self is a great way to start.



Score - Low

EMOTIONAL SENSITIVITY

Individuals with a low score in this category may find it challenging to identify how others are feeling. You may not be able to understand the opposite person's point of view in regard to emotions thus being unable to adjust to their emotional needs. Due to lack of awareness, you may not be aware of the challenges faced by others around you.

Improvements-

You may need to understand your own emotions and reflect on what you say or do when others share their emotions with you. Reading and understanding situations that require appropriate emotional responses is something you need to look at by learning ways to raise your sensitivity.



Score - Low

COMMUNICATION

Understanding the impact of one's words on others is a challenging task for individuals with a low score. You may let your biases influence the way you communicate with the other person. At times, your communication may be submissive or aggressive. You may find it difficult to be assertive or respectful. If you are pushed against a corner, you may be rude and verbally disrespectful at times.

Improvements-

You may need to reflect before responding and a good way to try this is to count up to 10 in challenging situations. You need to identify your biases and reflect on them. With time, you will find yourself improving with Mindful communication.



Score - High

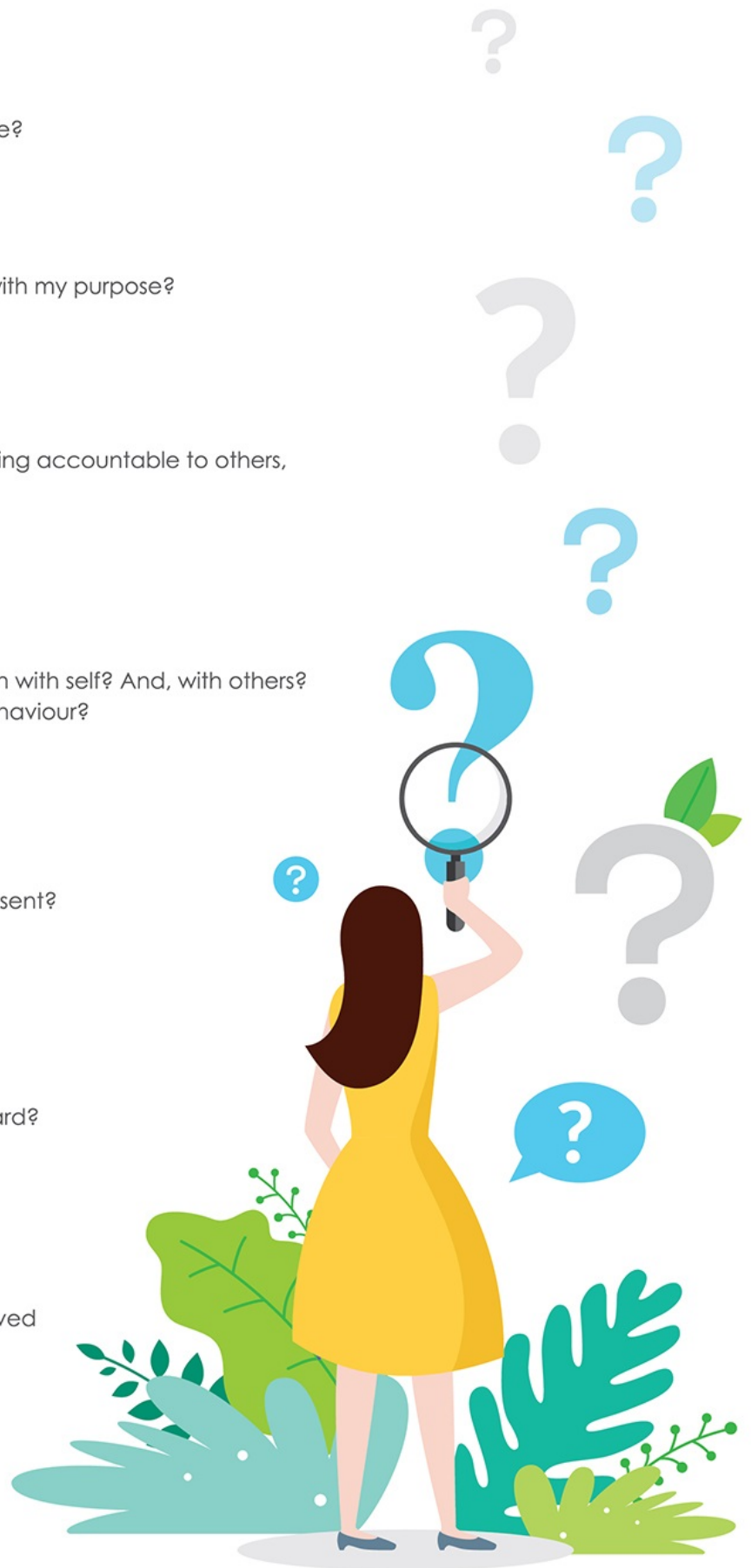
LIVING IN THE PRESENT

Individuals with high scores in this category can live in the current moment with focus and they do not worry too much about the future. You are determined to stay with the current moment and do not get distracted by internal ongoing turmoils or external surroundings. You learn from the past and reflect instead of dwelling on it. Thus you can accomplish many tasks and objectives far quicker than other individuals.

Improvements-

Staying in the current moment is a great quality to have. You display the ability to stay focussed and can lead teams to successful closures. Although many times, it may be necessary that you may need to chalk out the future plans and reflect a bit more on the past to create learnings for yourself. This will enable you to have a better understanding of how all the current moments can be optimised by keeping an eye on future goals without the stress and worry.

- How do I implement the Mindfulness Living assessment analysis in connection with my current challenges?
- How is this challenge impacting my purpose?
- What is it that I need to do in connection with my purpose?
- How can I be accountable to self while being accountable to others, relationships, environment, and situations?
- How can I be mindful in my communication with self? And, with others? What steps should I take to curb critical behaviour?
- What have I learned about living in the present?
- What can I be mindful about moving forward?
- How do I evolve to be a person with improved levels of mindfulness?



What are the things I need to pause, reflect, and evolve in terms of my life?

