



Mindfulness for Busy People – Quiz for Thrives

Name: _____

Date: _____

Please answer the following questions after watching the training video.

1. Mindfulness is about paying attention to the present moment with curiosity rather than judgment.

☐ True

☐ False

2. Which of the following was mentioned as a possible benefit of Mindfulness?

☐ Weight gain

☐ Increased focus and better sleep

☐ Better debating skills around people with differing beliefs

☐ Builds muscle

3. Which of the following Mindfulness technique(s) was/were discussed in the training?

☐ 4, 3, 2, 1 Practice

☐ Body Scan Meditation

☐ Breathing Mindfulness

☐ All of the above

4. You must practice Mindfulness for at least an hour each day or it isn't worth doing it.

☐ True

☐ False

5. Name one positive result you would personally like to gain from practicing mindfulness.

(Examples: less stress, feeling calmer, better focus, more ease, better sleep, improved mood, breathing tools, feeling more present, etc.)
