

MINDFULNESS CHECKLIST

PHYSICALLY

RESTED

TIRED

ENERGIZED

READY

RELAXED

EXHAUSTED

MENTALLY

ALERT

GROGGY

HALF-SPEED

JUMPY

OBSESSIVE

ONLINE

EMOTIONALLY

NERVOUS

RELAXED

DULL

NUMB

SAD

HAPPY

SPIRITUALLY

CONNECTED

UNCERTAIN

BLESSED

GRATEFUL

LOST

DISCONNECTED

SOCIALLY

SAFE

ZANY

OPEN

CURIOUS

THREATENED

WITHDRAWN