

# Morning Mindfulness Assessment



## Current Morning Patterns

1. What time do you typically wake up?

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2. What is the first thing you do upon waking?

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3. How would you describe your typical morning mood?

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4. On a scale of 1-10, how rushed do your mornings feel?

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5. When do you first check electronic devices?

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# Morning Awareness

6. What aspects of your morning do you enjoy?

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7. What aspects of your morning would you like to change?

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8. Where do you notice the most autopilot behavior?

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9. Where do you already experience moments of presence?

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10. What morning activities might benefit from greater mindfulness?

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# Morning Aspirations

11. How would you like to feel at the beginning of your day?

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12. What quality would you most like to bring to your mornings?

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13. What small change might have the biggest positive impact?

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14. What support do you need to create more mindful mornings?

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15. What obstacles might arise, and how might you work with them?

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