

Week 8 Meditation Questionnaire

Rate The following Areas
from 1-10 (10 being the top)

Overall Stress Level

Sleep Quality

What 3 things make you feel grateful today?

Rate your quality of focus? List what distracts you during the day

What time of day do you currently feel the most calm?

Name your 3 biggest stressors

1.
2.
3.

Name 3 emotions you feel during an average day

1.
2.
3.

How do you handle conflict with others at work and at home? Has it changed over the program?

Avoidance
Anger
Blame
Internalize
Pause and respond

Reflect what has changed inside

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