

MINDLESSNESS INVENTORY

(Excerpted from the *Mindfulness Solution: Everyday Practices for Everyday Problems*, Ron Siegel)

1-Rarely 2-Sometimes 3-Often 4-Very Often 5-Most of the Time

Using this scale of 1 to 5, rate how often each of the following happens:

1. I break or spill things often _____
2. I run on automatic without much awareness of what I'm doing _____
3. I rush through things without much awareness of what I'm doing _____
4. I rush through things without being really attentive to them _____
5. I get so focused on goals that I lose touch with what I'm doing right now _____
6. I listen to someone with one ear, doing something else at the same time _____
7. I become preoccupied with the future or the past _____
8. I snack without being aware that I'm eating _____
9. I get lost in my thoughts and feelings _____
10. My mind wanders off and I'm easily distracted _____
11. I drive on "automatic pilot" without paying attention to what I'm doing _____
12. I daydream or think of other things when doing chores such as cleaning or laundry (or caring for children) _____
13. I do several things at once rather than focusing on one thing at a time _____



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