**Inner Assessment**

*Session 2: Mindful Education Teacher Training*

**Stress Reduction:** In general, what is your stress level?

|  |  |  |
| --- | --- | --- |
| STRESS MESS | NEUTRAL | CHILLING |

1 2 3 4 5 6 7 8 9 10

**Focused Attention:** In general, how well are you able to focus?

|  |  |  |
| --- | --- | --- |
| SPACED OUT | NEUTRAL | SAMURAI |

1 2 3 4 5 6 7 8 9 10

**Empathy:**  In general, how nice are you to people?

|  |  |  |
| --- | --- | --- |
| JERK | NEUTRAL | KIND |

1 2 3 4 5 6 7 8 9 10

**Resilience:** In general, how balanced are you amidst adversity?

|  |  |  |
| --- | --- | --- |
| STRUGGLING | NEUTRAL | GRACEFUL |

1 2 3 4 5 6 7 8 9 10

**Self-Compassion:** In general, how kind are you to yourself?

|  |  |  |
| --- | --- | --- |
| SPACED OUT | NEUTRAL | SAMURAI |

1 2 3 4 5 6 7 8 9 10

**Contentment:** In general, how balanced is your mood?

|  |  |  |
| --- | --- | --- |
| CHAOTIC | NEUTRAL | STEADY |

1 2 3 4 5 6 7 8 9 10

**Open-Mindedness:** In general, how aware are you of the world around you?

|  |  |  |
| --- | --- | --- |
| MINDLESS | NEUTRAL | ATTUNED |

1 2 3 4 5 6 7 8 9 10

**Emotional Self-Regulation:** In general, how is your impulse control?

|  |  |  |
| --- | --- | --- |
| RECKLESS | NEUTRAL | VIGILANT |

1 2 3 4 5 6 7 8 9 10

**Metacognition:** In general, how busy is your mind?

|  |  |  |
| --- | --- | --- |
| FRENZIED | NEUTRAL | TRANQUIL |

1 2 3 4 5 6 7 8 9 10

**Executive Functioning:** In general, how able to think critically and problem solve are you?

|  |  |  |
| --- | --- | --- |
| CALAMITY | NEUTRAL | PEACEFUL |

1 2 3 4 5 6 7 8 9 10

**Cognitive Flexibility:** In general, how easy are transitions for you?

|  |  |  |
| --- | --- | --- |
| DISCOMBOBULATING | NEUTRAL | SMOOTH |

1 2 3 4 5 6 7 8 9 10

**Reflection:**

What are areas of strength for you?

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In what areas do you think you could grow?

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