**Mindfulness Meditation Questionnaire**

Do you have prior experience with mindfulness meditation?

Yes No

How would you describe this experience (check all that apply)

Easy Hard Comfortable Uncomfortable Centering Boring Confusing

Peaceful Useful Pointless Enjoyable

Right now can you feel your feet in your shoes?

What is something you were aware of during the meditation that you didn’t notice before?

From this experience, what is your understanding of mindfulness?

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