

Mindfulness Attention Awareness Scale

So, if we've established that cultivating a sense of wonder and having more awe experiences is good for us psychologically, physiologically and even physically, **why don't or why can't we have a lot more of these experiences?**

In working with individuals and corporate groups, the main things I hear that get in the way of awe are:

- Not paying attention fully, feeling overloaded with too many things
- Negative mindset, feeling stressed and even burnt-out
- Stuck on auto-pilot, operating in a state of complacency

By being more mindful, in the moment and attuned to your environment, you become more primed for wonder and awe because you quiet the Default Mode Network (DMN).

Quieting Your DMN

A quiet Default Mode Network (DMN) improves attentional lapses, mind wandering, racing mind and rumination

How mindful are you? Let's put it to the test. Coming up is the gold standard metric of mindfulness, the Mindfulness Attention Awareness Scale (MAAS) (Brown and Ryan, 2003). Look at the scale on the next 2 pages and answer how frequently or infrequently do you currently experience the following?

Please answer according to what really reflects your experience rather than what you think your experience should be and remember to treat each item separately from every other item.

Mindfulness Attention Awareness Scale

	1 Almost Always	2 Very Frequently	3 Somewhat Frequently	4 Somewhat Infrequently	5 Very Infrequently	6 Almost Never
I could be experiencing some emotion and not be conscious of it until some time later.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I break or spill things because of carelessness, not paying attention, or thinking of something else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it difficult to stay focused on what's happening in the present.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I forget a person's name almost as soon as I've been told it for the first time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It seems I am "running on automatic," without much awareness of what I'm doing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I rush through activities without being really attentive to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Total up your score for this page

Mindfulness Attention Awareness Scale

	1 Almost Always	2 Very Frequently	3 Somewhat Frequently	4 Somewhat Infrequently	5 Very Infrequently	6 Almost Never
I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do jobs or tasks automatically, without being aware of what I'm doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself listening to someone with one ear, doing something else at the same time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I drive places on 'automatic pilot' and then wonder why I went there.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself preoccupied with the future or the past.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself doing things without paying attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I snack without being aware that I'm eating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

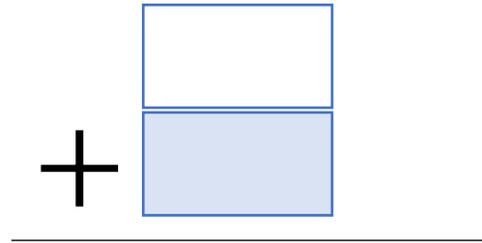
Total up your score for this page

Mindfulness Attention Awareness Scale

So how mindful are you?

Higher scores reflect higher levels of dispositional mindfulness, and the good news is, this can always be increased. So, how'd you do, is your mindfulness metric what you would have expected? You now have clear indications of what being more mindful looks like in day-to-day life.

As an extra challenge, see if your score can be increased over the next week by taking note of which statements you scored lowest on and intentionally increase the frequency of those concepts in your daily life.



“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder or stand rapt in awe, is as good as dead: His eyes are closed.”

– Albert Einstein

More worksheets available at theexpogroup.com/wiredforwonder