

Mindfulness Development Check List

| Check List Statements | 1 Low - 5 High | Comments |
|---|----------------|----------|
| I understand the benefits of adopting a mindfulness practice | | |
| I understand the concepts of delayed gratification and aspects of my work where I can be drawn into 'single marshmallow' behavior | | |
| I have read and internalised the refresher document and supporting blogs | | |