

# *Mindfulness*

## AND CHARACTER STRENGTHS REPORT



SAMPLE PREVIEW



## *Table of Contents*

Introduction	1
Your Mindfulness Results	5
Developing Your Mindfulness Skills	8
Your Character Strengths Results	10
Mindfulness of Your Character Strengths	11
Conclusion	12

## WHAT IS MINDFULNESS?

Mindfulness is the self-regulation of attention with an attitude of curiosity, openness and acceptance.

*Mindfulness involves your attention and your attitude.*



### ATTENTION

Are you paying attention to the tension in your right shoulder, your intake of breath, the smile on your child's face, or the cool wind against your face?



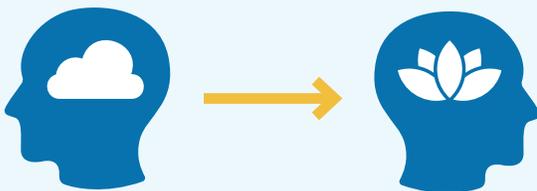
### ATTITUDE

Instead of being distracted by an interruption, are you curious about it? When you meet someone new, are you closed off or open to them? When you're under stress, do you try to deny it, or are you accepting of it?

A great way to both understand and experience mindfulness is to consider times when you are not mindful (which, for most of us, is most of the time). This common state of mind is referred to as being on autopilot. This occurs when you find yourself going through the motions of an activity without much awareness, not attending to the sights, smells, sounds, body language, emotions, thoughts, desires, and other stimuli within you and around you. This is normal. But when you return your mind to the present moment, you're practicing mindfulness. No person *stays* in the present moment. We can only *return* to the here and now.

Here's a phrase that captures the idea of mindfulness:

**Catch your autopilot mind, as soon as possible**, or **Catch AP-ASAP**, for short.



After you catch your wandering mind, you can then return it back to the present moment, back to your breathing, back to talking to the person you're with, back to the task at hand.

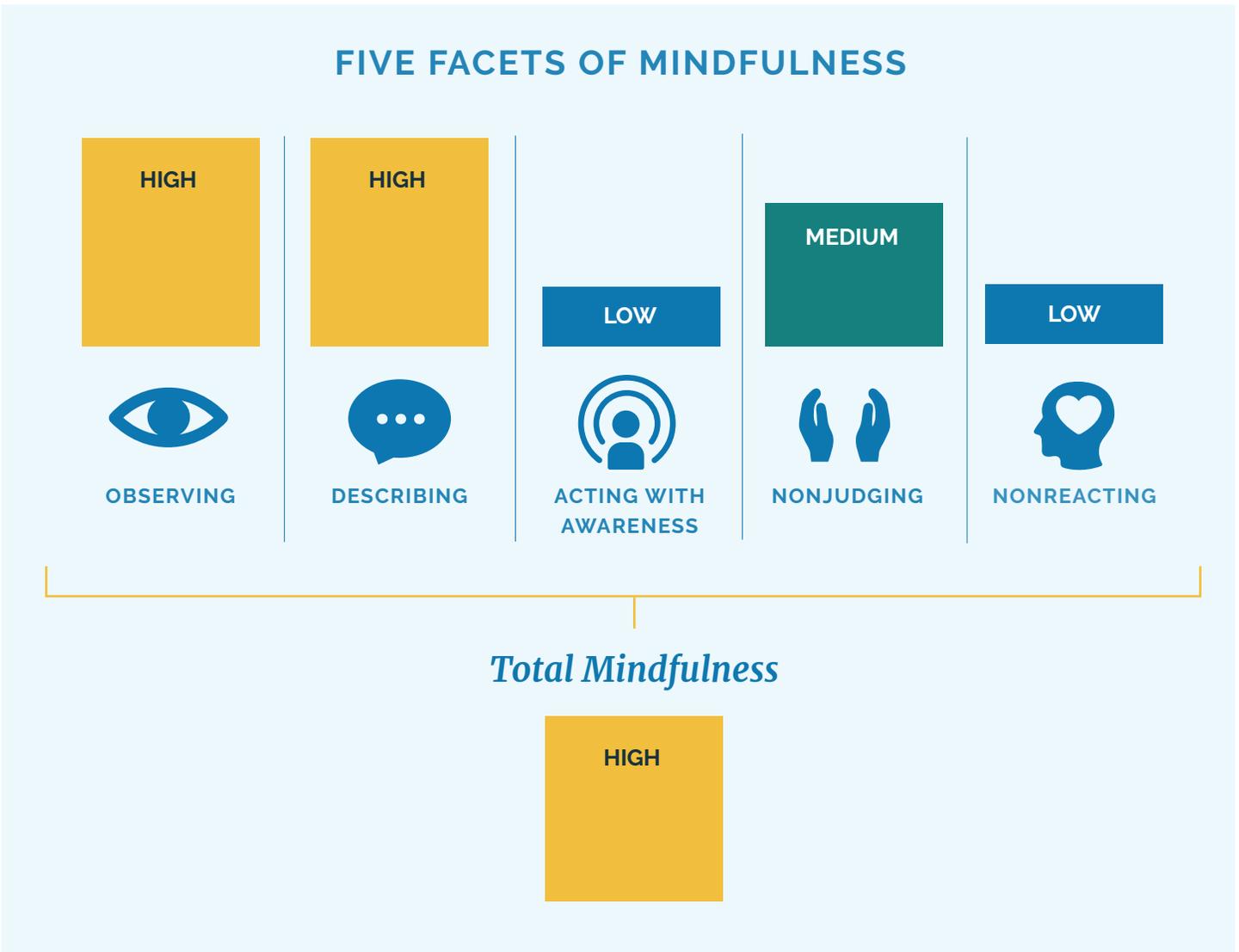
## Overview

The Five Facet Mindfulness Questionnaire you completed examines five parts of mindfulness that have been studied closely by researchers across the globe. These five "how-to skills" for developing mindfulness are: **observing, describing, acting with awareness, nonjudging, and nonreacting.**

## Your Results: Mindfulness

Exclusive research by the VIA Institute examined a large number of studies using this mindfulness test and uncovered "high," "medium," and "low" threshold points for each mindfulness skill and total mindfulness. Now, any person can learn their unique "level" of mindfulness as compared to the general public. Please note that these rankings are offered for purposes of self-improvement only; the practice of mindfulness is about personal growth and the development of awareness, *not* trying to be more mindful than another person.

The chart below provides you with your ranking on each of the five mindfulness skills, along with your total mindfulness score.



## How to Use

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All five mindfulness skills are important, however, many people find it useful to target their highest skill and their lowest skill. Expanding and deepening your highest skill can help you feel more and more confident and competent in your use of mindfulness. And giving your lowest skill a boost can not only enhance your overall mindfulness, it can also fill in some gaps that have caused you trouble.

As you delve into these explorations of and practices with your highest and lowest mindfulness skills, you'll be setting the stage for growing your other mindfulness skills. These steps will help you make great strides in your self-understanding, as well as in your ability to turn to mindfulness in a surprisingly large number of situations in your life.

### YOUR HIGHEST MINDFULNESS SKILL:



HIGH

To build further upon your mindfulness skill of **describing**, practice the following activity:

#### STEP 01

##### Pursue the facts:

After you label a feeling, belief, thought, need, or body sensation, look deeper into what you have labeled. Calling on a character strength such as judgment/critical thinking allows you to review the facts of the situation and not spend time assuming, interpreting, or expecting.

#### STEP 02

##### Lay out the details:

When you label a feeling happening within you (such as "sadness" or "anxiety"), provide details about it. For example, where do you feel it in your body? What are the thoughts connected to it? If you see a sunset, tap into your strength of appreciation of beauty/excellence to describe the brightness, the colors, the dimensionality, the sensations in your body, and the impact on all the objects around it.

## Overview

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You also took the gold-standard test in the science of character: the VIA Survey. Your rank-order results from highest strength to lowest strength can be found on the following two pages. Your signature strengths, found immediately below, are likely those that are most *essential* to your identity, most *energizing* to you, and *easiest* for you to express.

### 1. LOVE

Love means to value close relationships with others, in particular those in which sharing and caring are reciprocated. Love means to feel and be close to others.



### 2. BRAVERY

Bravery means to face adversity, difficulty, or pain and not shrink when challenges arise. It involves acting on convictions even if unpopular and speaking up for what's right even when there's opposition.



### 3. KINDNESS

Kindness means doing favors and good deeds for others. It involves being caring, generous, supportive, and compassionate to people.



### 4. SOCIAL INTELLIGENCE

Social intelligence means to be aware of the feelings and motives of oneself and others. It involves knowing what makes other people tick and knowing what to do to fit into a wide range of social



### 5. PERSEVERANCE

Perseverance means to finish what is started. It involves "getting it out the door" despite the obstacles and challenges that arise. There is pleasure experienced in completing tasks.



## ***THIS IS A SAMPLE PREVIEW***

There is more to discover in the **Mindfulness and Character Strengths Report.**

