

# The Mindfulness Assessment Test

## “Score Key”

### Score Interpretations

#### **Total Score 201-300**

This score indicates a high likelihood that you are highly “mindful”. This is the state when you are truly there, mind and body together. You breathe in and out mindfully, you bring your mind back to your body, and you are there. When your mind is there with your body, you are established in the present moment. Then you can recognize the many conditions of happiness that are in you and around you, and happiness just comes naturally. When your mindfulness becomes powerful, your concentration becomes powerful, and when you are fully concentrated, you have a chance to make a breakthrough, to achieve insight.

#### **Total Score 101-200**

This score indicates a high likelihood that you are someone who practices mindfulness but there’s more to reap the benefits of being mindful. You may not be completely familiar with mindfulness or know exactly how it works, however, you seem to be on the path that leads to greater mindfulness. With practice and efforts, you can go to a more mindful state. Please note that assessment results are not 100% accurate and the true results can vary depending on your situation & how honestly you had taken the test, so you may be more “mindful” than this summary describes.

#### **Total Score 0-100**

This score indicates a high likelihood that you are not mindful enough and this may be the cause of your distress or worry. Most people are forgetful; they are not there a lot of the time. Their mind is caught in their worries, their fears, their anger, and their regrets, and they are not mindful of being there. That state of being is called forgetfulness—you are there but you are not there. You are caught in the past or in the future. You are not there in the present moment, living your life deeply. That is forgetfulness. Please note that assessment results are not 100% accurate and the true results can vary depending on your situation & how honestly you had taken the test, so you may be more “mindful” than this summary describes.

***Disclaimer:** This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counselling or coaching relationship with the creators or administrators of the test.*

**Assessment Developed by: Priyanka Dutta**

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