

Mindfulness Pre-Course Questionnaire

Before starting the course you may find it interesting and helpful to consider your responses to the following questions. You can make a note of your responses and then reflect back on them once you have completed the course.

What has drawn me to this mindfulness course?

What are my expectations of the course?

What do I hope or want to get out of doing the course?

What can I do in preparation for the course?(e.g. make necessary travel arrangements, arrange for time off work, planning how to make time for home practice)