

## Handout: Reflections on the Course Worksheet

Please take a moment to reflect upon the following questions and record your response:

1. What did you find most valuable about this course? What, if anything, did you learn?
  
  
  
  
  
  
  
  
  
  
2. What, if anything, has changed for you over the last 8 weeks as a result of your participation?
  
  
  
  
  
  
  
  
  
  
3. Was there anything that got in the way of your learning or growth or that might have improved the course for you?
  
  
  
  
  
  
  
  
  
  
4. Other comments?
  
  
  
  
  
  
  
  
  
  
5. On a scale of 1 (not at all) to 10 (very), how likely are you to continue engaging in **formal** mindfulness practice (e.g., body scan, sitting meditation, mindful stretching/yoga) after this course?
  
  
  
  
  
  
  
  
  
  
6. On a scale of 1 (not at all) to 10 (very), how likely are you to continue engaging in **informal** mindfulness practice (e.g., SOBER breathing space, mindful eating, walking, daily activities) after this course?