

Pre-Survey: 30-Day Mindfulness Journey

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How would you describe your knowledge of mindfulness practices?

- ☐ What is mindfulness?
- ☐ Complete beginner
- ☒ Somewhat knowledgeable
- ☐ Experienced practitioner

How long have you practiced mindfulness?

- ☒ Never
- ☐ Less than a year
- ☐ More than a year
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How often do you currently practice mindfulness?

- ☒ Never
- ☐ Monthly
- ☐ Weekly
- ☐ Daily

I feel stress at work.

	1	2	3	4	5	
Disagree Strongly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Agree Strongly

I have difficulty managing stress.

	1	2	3	4	5	
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I have the tools I need to manage stress.

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I am able to effectively reach work/life balance.

	1	2	3	4	5	
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