



Daily Block - Before Task2

Good Morning from Team Mindful! It's time for your daily mindfulness task.

Before we give you today's task, indicate your current mood by clicking the appropriate radio button below.

- -5 means extremely negative
- 0 means neutral, and
- +5 means extremely positive.

	Extremely negative					Neutral		Extremely positive			
	-5	-4	-3	-2	-1	0	1	2	3	4	5
Your mood BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Next, we'd like you to perform the following task within the next 24 hours. Please spend at least 30 seconds on the task.

Think about washing a cup or dish for someone

Some suggestions about what to focus on while thinking about washing a cup or dish for someone:

- The weight of any cloth, brush, or other cleaning tool
- The color and scent of any cleaning products
- The sound and temperature of the water

If you are not going to complete the task now, you may exit the survey by closing the browser window. You can return to this point by clicking on the original survey link in the

email after you have done the task.

Once you have completed the task, click 'next' below to continue.

Daily Block - After Task2

Now that you are done, click on the radio button below to describe your mood immediately after completing the task.

- -5 means **extremely negative**
- 0 means **neutral**, and
- +5 means **extremely positive**.

	Extremely negative					Neutral		Extremely positive				
	-5	-4	-3	-2	-1	0	1	2	3	4	5	
Your mood AFTER	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

OPTIONAL: Please share any comments about today's mindfulness practice.