January Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

How often do you think about the positive aspects of your life?

<table>
<thead>
<tr>
<th>Rarely/never</th>
<th>Sometimes</th>
<th>Frequently</th>
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(Place a mark on the scale above)

How has your perspective on your life changed as a result of this challenge?

______________________________

Were there new things you found to be happy about?

______________________________

What did you learn as a result of his challenge and what can you do to maintain your positive outlook throughout 2016?

______________________________