

# SELF-EVALUATION WORKSHEET – WORKSHOP NO.5

How is it like to be zen and attentive? What can we do?



Here are different statements that you can evaluate:

|  |  |  |  |  |
|--|--|--|--|--|
| 1. I liked the video clip.   |  |  |  |  |
| 2. I liked the activities and teaching materials.                                  |  |  |  |  |
| 3. I've learned the different levels of joy.                                       |  |  |  |  |
| 4. I've learned to observe the indicators of joy.                                  |  |  |  |  |
| 5. I've learned to calm down again when I'm overexcited.                           |  |  |  |  |
| 6. I can be more attentive, like on the beam.                                      |  |  |  |  |
| 7. I know how to use my smile to experience joy and to share that joy with others. |  |  |  |  |