

Name _____

Discovering Inner Peace: Mindfulness and Meditation for Personal Growth

Multiple Choice Answer Key

1. b) Being fully present in the moment without judgment
2. a) Take slow, deep breaths and focus on each inhale and exhale
3. c) Listening to a recorded voice that leads you through relaxation exercises
4. c) By paying attention to the sights and sounds of the natural environment
5. b) Because it's normal to have wandering thoughts

