I am open to the experience of the present moment. I sense my body, whether eating, cooking, cleaning or talking. When I notice an absence of mind, I gently return to the experience of the here and now. I am able to appreciate myself. I pay attention to what's behind my actions. I see my mistakes and difficulties without judging them. I feel connected to my experience in the here-and-now. I accept unpleasant experiences. I am friendly to myself when things go wrona. I watch my feelings without getting lost in them. In difficult situations, I can pause without immediately reacting. I experience moments of inner peace and ease, even when things get hectic and stressful. I am able to smile when I notice how I sometimes make life difficult. **Fig. 4b** FMI Scores at t₁ **Points**