

Name: _____

Date: _____

MINDFULNESS

T G Y F H W M W U N O I T A T I D E M B G E H D
A P S D J S S E N L U F D N I M C S P N E L A Y
E P J N O I T A N I M R E T E D V N O O H C P J
F L U F Y O J I A N S Y B Q L C C T S N T W P M
C H A R I T Y G O Y G E T J K C A I I J A S I W
L I F E S T Y L E Z N D O I H E L U T U E H N F
Q L A N O S R E P L I E B F R N M P I D R O E U
S E S N E S Q J T F L U A G X A O M V G B P S V
O M Y L V M W A A R E L R Q W A L J I E C E S P
Y T M I H F E V O L E A R M L W W C T M O F H E
D A C C E P T I N G F V I P M A Q N Y E M U Q A
M A N U S C D Z U B O T E Q R R J K M N P L Z C
T S A Y E C D G Y X W X R W Y E N E C T A N U E
A C P T X I Y G R E N E S U B N S X E A S E O F
O T E I T X E D U T I T A R G E C E U L S S S U
L N E P R E F L E C T I O N D S V P N N I S S L
F M N U S I N E Y Q R F O C U S E D E T O U S N
O P U K Z E T T S K N O I T A X A L E R N K E E
U V I K K O R E I Z G A P P R E C I A T I O N S
Y H T L A E H B D V W E L L B E I N G T E B D S
T S C W K W W I U L E F L Y N U M M Z I A A N O
D E Y J U X O N O I T A R I P S N I C H K P I C
Y F T T E R A C H V Z E D U T I T T A W B O K D
Z V C X A E S I C R E X E R X B K F D W S K E C

nonjudgemental
inspiration
reflection
gratitude
barriers
spirited
healthy
senses

determination
mindfulness
relaxation
happiness
exercise
breathe
present
valued

appreciation
compassion
accepting
lifestyle
feelings
charity
respect
calm

peacefulness
meditation
attentive
wellbeing
kindness
clarity
energy
care

hopefulness
positivity
awareness
attitude
personal
focused
joyful
love