

Make Pain Your Ally

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

Independence
 Endorphins
 Curiosity
 Dopamine
 Respite
 Explore
 Change
 Heal

Socializing
 Creativity
 Challenge
 Intimacy
 Kindness
 Recover
 Breath
 Ally

Persistence
 Compassion
 Gratitude
 Movement
 Hobbies
 Safety
 Lotion
 Rest

Empowerment
 Commitment
 Sensation
 Discover
 Friends
 Nature
 Motion
 Joy

Meditation
 sensation
 Awareness
 Playful
 Restore
 Relief
 Sleep