

Name: _____

Date: _____

positive mindset

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

POSITIVE THINKING
RELATIONSHIPS
HIGHER POWER
GRATITUDE
KINDNESS
HOBBIES
SPORTS
MUSIC

MINDFUL THINKING
COPING SKILLS
FRIENDSHIPS
HAPPINESS
EXERCISE
FAMILY
DANCE
YOGA

DEEP BREATHING
AFFIRMATIONS
MEDITATION
SELF CARE
GRATEFUL
GIVING
LAUGH
PETS

SELF AWARENESS
APPRECIATION
POSITIVITY
SWIMMING
HELPING
NATURE
SMILE