

Name: _____

A POSITIVE MINDSET

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

CHANGE FOR THE BETTER
ACTION PLAN
UNASHAMED
WILLPOWER
POSITIVE
MINDSET

RECOGNISING
SELFESTEEM
WELLBEING
ENJOYMENT
ATTITUDE
OUTLOOK

COMFORTABLE
GOAL AWARE
AWARENESS
PLEASURE
FREEDOM
FOCUS