

Name: _____

Date: _____

Be Present

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

physicalconnection
know yourself
peersupport
Be present
alliance
listen

staywithyourself
relationships
creativity
community
feelings
vision

accountability
askquestions
Indicators
wellbeing
my story
trust

sustainability
body, touch
resilience
yourstory
teamwork
wait