

Name: _____

Date: _____

Habit 7

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

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|---------------|-----------|-----------|----------|----------|
| communication | education | addiction | emotions | meditate |
| moderate | exercise | yourself | personal | journal |
| healthy | balance | honest | desire | relive |
| listen | future | goals | laugh | loyal |
| learn | sleep | relax | renew | heart |
| brain | pray | read | soul | body |