

Name: _____

Date: _____

Health and Wellness

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

INTELLECTUAL

MINDFULNESS

RELAXATION

FINANCIAL

SPIRITUAL

NUTRITION

LIFESTYLE

LAUGHTER

POSITIVE

EMOTIONS

OUTDOORS

STRENGTH

EXERCISE

WELLNESS

BALANCE

NATURE

ACTIVE

SOCIAL

HEALTH

GOALS

HOBBY

WATER

PEACE

SLEEP

LOVE

HOPE

CALM

JOY