

Name: _____

Date: _____

Improving the Moment

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

Rethinking the situation
Sensory Awareness
Fantasy World
Cheerlead
Positive
Massage
Imagery
Prayer

One thing in the moment
Breathe Deeply
Higher Being
Breather
Relaxing
Purpose
Improve
Focus

Self Encouragement
Supreme Being
Stretching
Strength
Vacation
Meaning
Scenes
Yoga