

Name: _____

Date: _____

Magic of Mindfulness

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

friendships
truthful
respect
stress
summer

meditation
emotions
balance
moment
calm

gratitude
learning
writing
honest

practice
success
journal
joyful