

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Meditation

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

One Day at a Time  
Expectation  
Letting Go  
Breathing  
Meditate  
Strength  
Mindful  
Music  
Calm

Self Examination  
Perspective  
Reflection  
Pondering  
Movement  
Thoughts  
Nature  
Focus  
Joy

Appreciation  
Tranquility  
Spiritual  
Solitude  
Position  
Control  
Prayer  
Happy

Deep Thought  
Willingness  
Attentive  
Devotion  
Religion  
Emotion  
Soothe  
Peace

Inner Peace  
Acceptance  
Awareness  
Feelings  
Serenity  
Insight  
Wisdom  
Quiet