

Mindful Emotions

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

Mindfulness Surprise

Relaxed

Anxious

Hopeful Excited

Present

Sadness

Emotion Lonely

Happy

Guilt

Anger Fear

Joy