

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

# Mindfulness

F O E C X Y P R E S E N T J Z O L	nonjudgmental
T I M J P O V S E D O O W M N L I	Mindfulness
R U L X P E R S O N A L D J O L F	Reflection
M K X Y R E F L E C T I O N N D E	Compassion
B R S T C O M P A S S I O N J F S	Wellbeing
F D E J N V F E E L I N G S U X T	Awareness
P E L L L A I E G L H W S Z D A Y	Lifestyle
P W F Z O L Y U X I T E E O G W L	Accepting
M K C H V U B I X P G L N K M A E	Selfcare
U E A L E E O S D G H L S A E R Y	Barriers
F D R R F J E Y N W A B E L N E P	Feelings
O Y E M I N D F U L N E S S T N P	Attitude
C N T W J R P C N S Z I G Y A E R	Personal
U P C A T T I T U D E N U N L S X	Focused
S C W B A R R I E R S G X O V S J	Present
E D K I N D F U Q I H M R S R U O	senses
D B V H Z A C C E P T I N G J C S	Value
	Kind
	Love

