

Name: _____

Date: _____

Mindfulness

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

Determination
Present
Action
Focus

Conscious
Mindful
Alert

Gratitude
Change
Aware