

Name: _____

Date: _____

Mindfulness

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

Appreciation	Boundaries	Management	Meditation	Nurturing
Diligence	Serenity	Timeout	Freedom	Tiffany
Meaning	Namaste	Present	Clarity	Mindful
Gentle	Peace	Will	Hear	Rest
Cope	Yoga	Sad	Zen	