

# Mindfulness

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

visualization  
perspective  
relaxation  
breathing  
serenity  
insight  
relief  
focus

nonjudgmental  
observation  
meditation  
awareness  
practice  
imagery  
listen  
rest

determination  
inspiration  
acceptance  
attentive  
patience  
feeling  
joyful  
hear

perseverance  
hopefulness  
self love  
thoughts  
present  
clarity  
energy  
calm

appreciation  
flexibility  
gratitude  
thankful  
mindful  
safety  
quiet