

Name: _____

Date: _____

Mindfulness

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

DETERMINATION
INSPIRATION
THANKFUL
COURAGE
CHANGE
LAUGH
LOVE

APPRECIATION
COMPASSION
PATIENCE
BREATHE
LISTEN
FAITH
JOY

PERSEVERANCE
MOTIVATION
MINDFUL
FAMILY
DREAM
PEACE

FORGIVENESS
GRATITUDE
IMAGINE
WISDOM
HAPPY
HOPE