

Name: _____

Date: _____

Rest

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

- | | | | | |
|------------|------------|-----------|----------|----------|
| Relaxation | Meditation | Isolation | Personal | Exercise |
| Physical | Religion | Friends | Thought | Family |
| Travel | Sleep | Mental | Stress | Night |
| Peace | Sleep | Work | Pray | Rest |
| Day | | | | |