

# Skills Plus For Change - Positive Wellbeing

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

|             |          |                |               |               |
|-------------|----------|----------------|---------------|---------------|
| balance     | thinking | procratination | communication | determination |
| imagination |          | creativity     | resilience    | resistant     |
| tolerance   |          | willpower      | negative      | patience      |
| positive    |          | courage        | embrace       | belief        |
| change      |          | effort         | focus         | love          |