

WELLNESS

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

REGULAR ROUTINE
RELATIONSHIPS
MEDITATION
CHILDREN
RUNNING
MUSIC

BALANCED MEALS
SPIRITUALITY
NUTRITION
EXERCISE
WALKING
FAITH

MENTAL HEALTH
RELAXATION
WELLNESS
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FAMILY