

Name: _____

Date: _____

Wellbeing

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

RESILIENCE

ACCEPTANCE

COMPASSION

AWARENESS

HAPPINESS

WHOLESOME

WELLBEING

WELLNESS

REFLECT

FITNESS

BALANCE

HEALTH

SLEEP

RELAX

LIFE

FOOD

