Mindfulness

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

   visualization       thoughts       thankful       serenity       self love       safety       rest       relief       relaxation       quiet       present       practice       perspective       perseverance       patience       observation       nonjudgmental       mindful       meditation       listen       joyful       inspiration       insight       imagery       hopefulness       hear       gratitude       focus       flexibility       feeling       energy       determination       clarity       calm       breathing       awareness       attentive       appreciation       acceptance