|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Session 3: Warm-Up

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

   unhealthy       healthy       unorganized       stubborn       fighting       listening       procrastination       stealing       lying       coping        reactive       proactive       destiny       alternatives       habit