

Name: _____

Date: _____

Wellness Challenge - Brain Health

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

spirit of gratitude
God the Provider
Environment
Sound Mind
Creation
prayer
mercy
Love

Mindful Breathing
God's Promises
Forgiveness
scripture
Wellness
Health
grace
Hope

God the Protector
Relationships
meditation
Nutrition
mission
Choice
Faith

God the Shepherd
abundant life
Providence
Activity
Outlook
Trust
Rest