

Name: _____

Date: _____

Mindfulness

nonjudgmental

mindfulness

compassion

reflection

accepting

awareness

lifestyle

wellbeing

attitude

barriers

feelings

personal

selfcare

focused

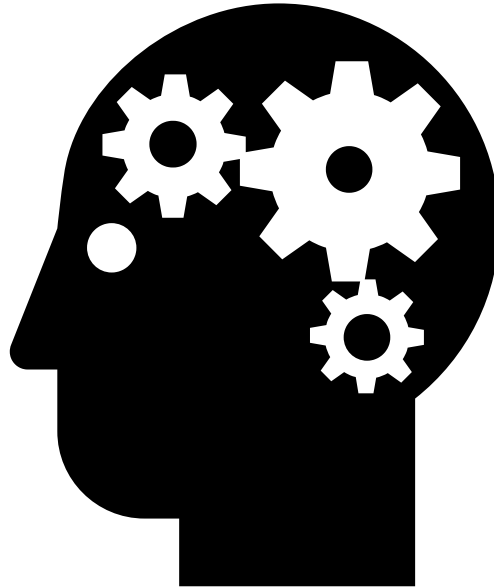
present

senses

value

kind

love



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