

Name: _____

Date: _____

Spring Cleaning

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

affirmations

clean slate

rejuvenate

reevaluate

acceptance

processing

journaling

meditation

reflection

restart

cleanse

mantras

emotion

release

spring

effort

coping

repair

relax

joy